## FIT FOR DUTY & FIT FOR LIFE

Our goal is the successful reintegration of every warfighter.

Our program is available to military and veteran personnel who self-identify as having a need to attend. Active duty, reserve and veteran personnel from any war, any branch, men and women, are welcome, at no cost to the warfighter, up to and including transportation.

## **REPORT: EVOLUTION 31**

22 Participants

14 States





Evolution 31 underscored the magic ingredient of unit cohesion. New families are formed during our service, and we continue to need a "unit" to belong to when we are no longer wearing the uniform. At Warfighter Advance we form a new unit where we learn to help ourselves, but we also help one another, and grow exponentially in the process.



SSgt Shelar (USMC, ret) served with Chief Norgren in Landstuhl. Now, he travels the country. visiting the warfighters that came through the hospital during his service. We know that healing comes through reconnecting with those encounters, knowing how their stories continued after leaving, and through being a part of their reintegration and healing efforts.



## **RPC Mike Norgren**

(USN, ret) served at the hospital in Landstuhl, Germany along with the other warfighters pictured here. They received the war injured and dving and assisted them and their families as they stabilized for transport or made their final journey home. Concerned about the rates of alcoholism and death among his colleagues. RPC Norgren invited them to come to Evolution 31 where they worked together for more successful reintegration.



Underscoring the enduring relationships formed at each EVO, these warfighters (LS2 Skorcz, RP2(FMF) Leal, CWO3 Nakamoto, MA1(PJ) Tuemler), who completed a previous EVO many months before, returned to EVO 31 for the opening dinner to see one another, and to welcome and support the newest participants. We thank them for their support of the healing work we achieved during this Evolution.

The ADVANCE 7-Day is a unique program that offers a solution for operational stress, psychological trauma, and reintegration issues while keeping veteran's careers on track. Warfighter Advance hosts The ADVANCE 7-Day throughout the year, and welcomes twenty new participants (active duty, veteran, reserve, retired - any age or conflict) to each evolution. Warfighter Advance welcomes warfighters who are discouraged because nothing that has been offered to them has been helpful, as well as those who have self-medication or substance abuse problems.