



FOR IMMEDIATE RELEASE

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Military Leaders Promote Meditation to Reduce Suicide Epidemic Among Veterans

VA Funds Studies on PTSD; Iowa Summit to Showcase Benefits

Eighteen veterans commit suicide every day—
a horrific consequence of post-traumatic stress disorder (PTSD).
More veterans die by suicide every year than are killed annually in Iraq and Afghanistan.

New York, NY -- October 3, 2012: America's veterans and their families are turning to meditation to ease the trauma of combat and pave the way to a healthier life.

The David Lynch Foundation, a 501(c)(3) charity founded by iconic filmmaker David Lynch to bring Transcendental Meditation to at-risk populations, will hold an Iowa Veterans Summit on **Thursday, October 11, 2012** at the West Des Moines Marriott. **A press avail will take place at 10:00 A.M., followed by the Veterans Summit from 1:00 P.M. to 2:30 P.M.**

The Summit will present the research and clinical applications of Transcendental Meditation for reducing stress, Post-Traumatic Stress Disorder (PTSD), substance abuse and suicide, depression and enhancing resilience and performance.

The *Washington Post* reported in May that the Department of Veterans Affairs, seeking new ways to treat PTSD, is studying the use of Transcendental Meditation to help returning veterans of Iraq and Afghanistan.

Thousands of veterans have learned Transcendental Meditation. Research on veterans who meditate has shown that the technique not only reduces the psychosocial symptoms of stress, anxiety and depression, but also balances serotonin and norepinephrine, and regulates the sympathetic nervous system. Transcendental Meditation is used on the oldest private military campus, Norwich University.

Panelists at The Iowa Veterans Summit include: Dr. Richard W. Schneider, USCGR (Ret.), President, Norwich University; **Jerry Yellin**, World War II P-51 Fighter Pilot and National Co-Chair, Operation Warrior Wellness; **Col. Brian Rees, M.D.**, Command Surgeon, 63rd Regional Support Command and **Luke Jensen**, Operation Enduring Freedom veteran and Operation

Warrior Wellness (OWW)–Iowa Advisory Board Member. All panelists have extensive experience in using Transcendental Meditation.

Bob Roth, the Executive Director of The David Lynch Foundation, stated, “It is imperative that we help veterans and the brave men and women still in active-duty deal with the stress that stays with them long after they have returned home. Transcendental Meditation is a wonderful tool that can help those overcome the stress and anxiety from the theater of war, allowing them to lead healthier, more resilient lives.”

Todd M. Jacobus, the Chair of the Iowa Commission of Veteran Affairs, also stated, "Reducing the number of suicides among our Army personnel and veterans today is a top priority of the Army community. Commanders and leaders at all levels of our U.S. Armed Forces are making efforts to remain engaged in the lives of our Soldiers in order to be responsive to their needs and issues, and to get them help. However, these efforts can't succeed without the involvement of the greater community, including programs like Operation Warrior Wellness, and the Resilient Warrior Program."

WHAT: Presentations will highlight program outcomes for active-duty military personnel, veterans, cadets and their families. Those invited include military and Veterans Affairs leadership, behavioral health officers, mental health professionals caring for veterans and their families, policy makers, medical researchers and educators.

WHO: **Dr. Richard W. Schneider**, RADM USCGR (Ret.), President, Norwich University; **Jerry Yellin**, World War II P-51 Fighter Pilot and National Co-Chair, Operation Warrior Wellness; **Col. Brian Rees, M.D.**, Command Surgeon, 63rd Regional Support Command and **Luke Jensen**, OEF veteran and OWW–Iowa Advisory Board Member

WHERE: West Des Moines Marriott, 1250 Jordan Creek Parkway, West Des Moines, IA

WHEN: **Thursday, October 11, 2012**
10:00 A.M.: Press avail
12:00 P.M. – 1:00 P.M.: Lunch
1:00 P.M. – 2:30 P.M.: Veterans Summit

You can view the event brochure by visiting,
http://www.operationwarriorwellness.org/iowa_summit/.

To arrange an interview with **Bob Roth**, please contact **Eric Katzman** at The TASC Group at 646-723-4344 or eric@thethetascgroup.com.

About The David Lynch Foundation

The David Lynch Foundation, a 501(c)(3) organization, was established in 2005 to fund the implementation of scientifically proven stress-reducing modalities including Transcendental Meditation, for at-risk populations such as underserved inner-city students; veterans with PTSD and their families; American Indians suffering from diabetes, cardiovascular disease, and high suicide rates; homeless men participating in reentry programs striving to overcome addictions; and incarcerated juveniles and adults. For more information, please visit www.davidlynchfoundation.org.

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