



# SCUBA DIVING THERAPY FOR PTSD AND DISABILITIES

## LOOKING FOR CANDIDATES!

Sea Star Foundation is a non-profit foundation that empowers individuals and builds healthy community bonds through adaptive recreational aquatic therapy such as scuba diving.

**Experience the freedom of weightlessness in the water!**

Did you know that scuba diving has recently been proven to reduce the negative effects felt by some living with depression and Post Traumatic Stress Disorder? It has also been shown to help some relieve the pain associated with spinal injuries and amputations!

The Sea Star Foundation is currently seeking applicants of wounded veterans and those living with PTSD or a disability to be part of their first certification program in the Kearney area in mid-April! The program will run two weekends and some evenings.

### TO APPLY YOU MUST:

- Have never been SCUBA diving before
  - Live in or near the Kearney area
- Be a wounded veteran or living with PTSD or a disability
- Have a partner or buddy (over age 11) who is excited and available to partake in the entire program with you
- Both of you **MUST** be serious about completing the SCUBA training

If you are interested in being selected to take part in this life-changing opportunity, **AT NO COST**, or know someone who may be, please email Christine West or Adam Maire at [seastardivers5@gmail.com](mailto:seastardivers5@gmail.com) for more information, the application and the medical form.