Have you been injured or wounded in combat?
Have you sustained an injury during a training exercise?
Were you diagnosed with Cancer or MS while in the military?
Were or are you SOF with at least 2 tours?

THEN YOU QUALIFY!

Open to Active Duty or Veteran
Open to Wounded/Injured From Vietnam to Present
No Purple Heart necessary
Open to all ranks and branches of Service
Not based off financial need

CARING FOR THE CARE GIVER
If you are a spouse or care giver to a Wounded Warrior you are qualified to become a SCUBA Warrior®

Janice Buckley
Founder/President
Heartbeat Serving Wounded Warriors®
Certification through Scuba Diving International (SDI)

Let the Healing Begin ... ®
Providing a goal directed opportunity to become a certified SCUBA diver while also focusing on increasing self-esteem, communication skills and overcoming pain and anxiety.

We provide a fun supportive, therapeutic environment.
We surround the students with a qualified team of professionals while teaching dive safety through education.

"At Heartbeat, we provide emergency assistance, morale building, and innovative therapeutic services for wounded warriors and their families"
www.heartbeatforwarriors.org

THIS PROGRAM IS PAID FOR BY HEARTBEAT SERVING WOUNDED WARRIORS® AND IS FREE TO QUALIFIED WOUNDED WARRIORS.
ALL GEAR, AND CLASSROOM MATERIALS ARE PROVIDED.
THANKS TO ALL WHO HAVE DONATED TO SUPPORT HEARTBEAT, SCUBA WARRIORS®
SCUBA Warriors® is a therapeutic program designed to teach resilience and help with reintegration to social settings while earning your SCUBA certification.

Through a fun, goal based education course you will be developing ways to:

- Conquer anxiety and overcome isolation with group instruction
- Decrease depression & frustration
- Decrease body and head pain

While learning to:
- Become an international certified SCUBA diver
- Improve communication skills
- Trust and rely on your SCUBA buddy
- HAVE FUN!

**IS THIS THE RIGHT TIME FOR ME?**

**YOU SHOULD BE:**

Free of appointments on class days — Wednesdays

Interested in learning about SCUBA

HAVE A WILLINGNESS TO:

Have fun! Be attentive, try new things, and be trainable.

**HOW TO ENROLL:**

1. Email Janice Buckley for an Intake Packet
   janice@heartbeatforwarriors.org
2. Complete ALL sections of the Intake Packet and sign
3. Have your Doctor or PCM or NCM review and sign
4. Scan and email the completed Intake Packet with a copy of your DD214 IF you are NOT active duty, to
   janice@heartbeatforwarriors.org

For questions please contact:

Janice Buckley Founder/President
Heartbeat Serving Wounded Warriors®
PO Box 610
Onalaska WA 98570
janice@heartbeatforwarriors.org
(425) 931-1047

**CLASS SCHEDULE**

ALL TRAINING IS CONDUCTED ON WEDNESDAYS IN THE OLYMPIA AREA

**OPEN WATER CERTIFICATION:**

CLASSROOM: 0930 – 1130hrs
Lunch is provided

POOL: 1300 – 1530hrs

OPENWATER: 0800 – 1100hrs
Wednesday AND Thursday usually at Redondo Beach in Federal Way

**ADVANCED OPEN WATER CERTIFICATION:**

ADVANCED COURSE: NAVIGATION / NIGHT DIVING / DEEP DIVING / CURRENT DIVING

CLASSROOM: 0900 – 1100hrs
1100 – 1200hrs LUNCH BREAK
1200 – 1400hrs

OPENWATER DIVES: 0800 – 1100hrs

**STRESS AND RESCUE:**

STRESS & RESCUE:

CLASSROOM: 0900 – 1200hrs
OPENWATER DIVES: 0900-1300hrs

*NIGHT DIVE AND CURRENT DIVE SCHEDULE MAY CHANGE DUE TO TIDE.*