



FOR IMMEDIATE RELEASE

ONE Freedom's team of veteran and family trainers featured in the May 6th episode of *In Their Boots*

Boulder, Colorado— April 30, 2010—ONE Freedom, an education and research non-profit, is one of several nonprofits featured in the May 6th airing of *In Their Boots*, a documentary series illustrating the impact of war on American veterans and families who've served during the conflicts in Iraq and Afghanistan. ONE Freedom directors and trainers were filmed during a train-the-trainer event on the education program *Strength after Service*[™]. The program teaches veterans and families about the brain and body's natural response to stress and trauma, and teaches skills to regulate and mitigate the impacts of traumatic stress. The episode was shot on location in Boulder, Colorado in February 2010.

In Their Boots (ITB), just finishing Season 2 of the online program, focuses the documentary series on the impact the wars in Iraq and Afghanistan are having on people here at home. ITB is funded by the Iraq Afghanistan Deployment Impact Fund of The California Community Foundation and is produced by Brave New Foundation. *In Their Boots* is streamed on www.intheirboots.org, and can be seen on Free Speech TV, Link TV, and more than 70 other public access television stations.

ONE Freedom's mission is to transform the growing stress epidemic by providing educational programs that empower systemic change and to research innovative methods of trauma recovery that improve self-mastery of stress. Our programs focus on how the brain and body naturally adapt under adverse conditions, and training in the self-mastery of stress via insightful, interactive workshops. ONE Freedom works nationally with returning veterans and families, education, healthcare, and other NGOs.

For more information contact Elizabeth Hawkins, Executive Director ONE Freedom, (303) 444-1221. elizabeth@onefreedom.org, www.onefreedom.org

###