



FOR IMMEDIATE RELEASE

ONE Freedom featured in University of Iowa's "Uniforms to Universities" initiative

Iowa City, Iowa—Tuesday, May 18, 2010. ONE Freedom, a Boulder, Colorado based 501c3, will present a 1-day training for faculty, staff and veterans as part of University of Iowa's "Uniform to University" initiative. ONE Freedom's interactive presentation addresses key issues that veterans face when transitioning into higher education. The training also gives administrators, faculty and staff an understanding of the "veteran perspective", tools for how to regulate organizational and individual stress levels, and promising practices that are emerging since the new GI Bill. The morning session will be with administrators and the afternoon session for veterans and staff will be from 1-4 pm in the University Capital Center Room 2520D on the University of Iowa campus.

University of Iowa is actively supporting the recruitment, retention and growth of their student veteran population by addressing issues head-on. The Offices of the Registrar and Equal Opportunity and Diversity extended an invitation to ONE Freedom to present to senior administrators, deans, human resource personnel, student advisors, student affairs staff, faculty and staff, veteran services staff and veterans to raise awareness in this campus-wide initiative.

ONE Freedom, an education and research non-profit 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 rising numbers of veterans returning to colleges and universities creates a greater demand for ONE Freedom's *Strength after Service*™ programs.

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 interactive workshops. ONE Freedom works nationally with returning veterans and families, education, healthcare, and other NGOs.

For more information contact Elizabeth Hawkins, Founder and Executive Director of ONE Freedom, at (303) 444-1221 or email elizabeth@onefreedom.org.

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