

*"A bend in the road
is not the end of the
road...unless you don't
make the turn."*

~Anonymous



**MOVING
FORWARD** 
OVERCOMING LIFE'S CHALLENGES

Are you struggling with relationships, finances, health problems, or adjusting to civilian life? Start taking control with the training and tools in Moving Forward! This free, on-line educational and life coaching program was designed for Veterans and Military Service Members, but can help anyone facing stressful problems. It teaches problem-solving skills to effectively manage life's challenges and deal with stress. Are you ready to **Move Forward**?

www.VeteranTraining.va.gov/MovingForward