

A man in a blue tank top and black shorts is pushing a purple racing wheelchair on a paved road. He is wearing blue and white gloves and has a determined expression. The background shows a desert landscape with red rock formations and sparse vegetation.

“Have you got a problem? Do what you can, where you are, with what you’ve got.”

~Theodore Roosevelt



**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