

A man in a wheelchair is shown in a dynamic, forward-leaning posture, suggesting he is racing or pushing himself hard. He is wearing a light blue tank top, dark shorts, and blue and white cycling gloves. The wheelchair is a racing-style three-wheeled model. The background is a desert landscape with reddish-brown hills and sparse vegetation under a clear sky. The overall tone is one of determination and physical effort.

*“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](http://www.VeteranTraining.va.gov/MovingForward)