



# GET ACTIVE GET BACK TO BEING YOU

Nearly 20% of returning forces from Afghanistan and Iraq are likely to suffer from either PTSD or major depression. Team RWB builds a community of like-minded individuals who refuse to let PTSD or any other combat related injury stand in their way to living a normal life.

Join the Team RWB community by using physical activity to jump-start your recovery and get back to being you.

[TEAMRWB.ORG](http://TEAMRWB.ORG)