

WHAT IS PTSD?

Posttraumatic Stress Disorder (PTSD) can occur after you have been through a traumatic event. A traumatic event is something terrible and scary that you see, hear about, or that happens to you, like: Combat exposure, Child sexual or physical abuse, Terrorist attack, Sexual or physical assault. Serious accidents, like a car wreck. Natural disasters, like a fire, tornado, hurricane, flood, or earthquake.

During a traumatic event, you think that your life or others' lives are in danger. You may feel afraid or feel that you have no control over what is happening around you. Most people have some stress-related reactions after a traumatic event; but, not everyone gets PTSD. If your reactions don't go away over time and they disrupt your life, you may have PTSD.

What are the symptoms of PTSD?

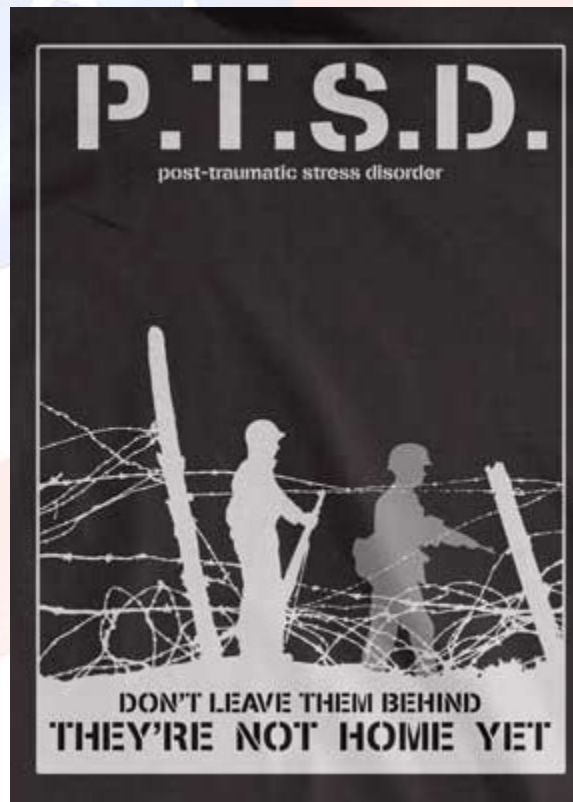
PTSD symptoms usually start soon after the traumatic event, but they may not appear until months or years later. They also may come and go over many years. If the symptoms last longer than four weeks, cause you great distress, or interfere with your work or home life, you might have PTSD.

There are four types of symptoms of PTSD

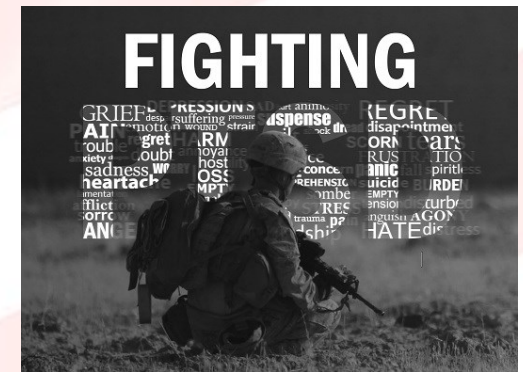
1. Reliving the event (also called re-experiencing symptoms).
You may have bad memories or nightmares. You even may feel like you're going through the event again. This is called a flashback.
2. Avoiding situations that remind you of the event.
You may try to avoid situations or people that trigger memories of the traumatic event. You may even avoid talking or thinking about the event.
3. Negative changes in beliefs and feelings.
The way you think about yourself and others may change because of the trauma. You may feel fear, guilt, or shame. Or, you may not be interested in activities you used to enjoy. This is another way to avoid memories.
4. Feeling keyed up (also called hyperarousal).
You may be jittery, or always alert and on the lookout for danger. Or, you may have trouble concentrating or sleeping. This is known as hyperarousal.

What treatments are available?

When you have PTSD, dealing with the past can be hard. Instead of telling others how you feel, you may keep your feelings bottled up. But treatment can help you get better. There are two main types of treatment, psychotherapy (sometimes called counseling) and medication. Sometimes people combine psychotherapy and medication.



VETERAN'S PTSD AWARENESS 5K RUN/WALK



Saturday, October 24, 2015

5K start time — 10:00

Location: Corriher Lake

Wilderness Area

Landis NC

(across from South Rowan YMCA)

About The American Legion

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans' service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

Hundreds of local American Legion programs and activities strengthen the nation one community at a time. American Legion Baseball is one of the nation's most successful amateur athletic programs, educating young people about the importance of sportsmanship, citizenship and fitness. The Operation Comfort Warriors program supports recovering wounded warriors and their families, providing them with "comfort items" and the kind of support that makes a hospital feel a little bit more like home. The Legion also raises millions of dollars in donations at the local, state and national levels to help veterans and their families during times of need and to provide college scholarship opportunities.

The American Legion is a nonpartisan, not-for-profit organization with great political influence perpetuated by its grass-roots involvement in the legislation process from local districts to Capitol Hill. Legionnaires' sense of obligation to community, state and nation drives an honest advocacy for veterans in Washington. The Legion stands behind the issues most important to the nation's veterans' community, backed by resolutions passed by volunteer leadership.

The American Legion's success depends entirely on active membership, participation and volunteerism. The organization belongs to the people it serves and the communities in which it thrives.



Veterans PTSD Awareness 5K Run/Walk Charity Entry

Printable registration at:
www.salisburyrowanrunners.org

Race Day Only Registration (09:00-09:50)
This event will not be timed.

For donations only, please print and mail this form to the address below along with check or money order.
Please do not send cash through the mail.

October 24, 2015 at 10:00am

Charity Event for Veterans PTSD Awareness held by
The NC American Legion Post 146.

The donations received will be given to the Salisbury VAMC PTSD program. This event is to raise awareness and funds within the community to assist Veterans with PTSD.

For more information on The American Legion or your local Veterans Health Administration Medical Center, please access sites below;

American Legion 146: <http://www.landisal146nc.org/>

North Carolina Legion: <http://www.nclegion.org/>

Salisbury VAMC: <http://www.salisbury.va.gov/>
<http://www.salisbury.va.gov/patients/eligibility.asp>

PTSD Help and info: <http://www.ptsd.va.gov/index.asp>

Veterans PTSD 5K

Race Day Registration:	Time	<u>Donation</u>
<input type="checkbox"/> Veterans PTSD Awareness 5K	10:00	\$2.00
		\$5.00
		\$10.00
	Other	\$ _____
	Total:	_____

Method of Payment

- Check — Race Day or Mail donation to address below:
 Cash

Last Name:	First Name:
Please circle: 5K	
Age (on day of race):	Date of Birth :
Street Address:	Apt #:
City:	State/Zip:
E-mail:	Phone:

Participant Waiver: I know that participating in the 5K Run/Walk may pose a risk to my health. I accept all risks associated with participating in this event and waive all claims for myself, my heirs, and anyone acting on my behalf, against the American Legion and all subsidiaries, the Town of Landis, County of Rowan, all sponsors, all officers, all members, and all volunteers of said organizations. I attest that I am in proper physical condition to compete in this event. I also give my permission to the American Legion and participants to use my name and picture in any written account about this race.

Signature and date
(Parent or Guardian if under 18)

NC American Legion Post 146

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China Grove, NC 28003

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E-mail Contact: www.landisal146nc.org