



Mr. Steve DeMatos  
Time on Target Security, LLC  
965 E Martin Luther King Jr Dr Suite A  
Tarpon Springs, FL 34689

Dear Steve,

On behalf of Veterans Alternative, I would like to thank you for your continued sponsorship of our organization. Your contributions to date have exceeded \$11,000 and have helped continue our mission of providing effective alternative therapies to Combat Veterans and their spouses.

Veterans Alternative offers a highly effective five-day Accelerated Wellness Program (AWP). The AWP is an integrative program which utilizes proven therapies such as Accelerated Resolution Therapy (ART), Integrative Restoration (iRest), adaptive yoga, art and music therapy, and camaraderie building. Since inception in 2015, Veterans Alternative has served over 450 Veterans and spouses through the AWP. The outcomes of the AWP from the last two years shows Veterans experience a 46% reduction in post-traumatic stress symptoms, 61% decrease in depression, 55% decrease in anxiety, 42% decrease in perceived stress, 26% in pain outcomes, and 30% reduction in sleep dysfunction. The work we do would not be possible without the generosity of supporters like you. Thank you again for your dedication to Veterans Alternative and our mission, you are truly helping make a positive impact in the lives of our American Heroes.

With Honor and Respect,

Patricia Fried  
COO, Veterans Alternative

***Our mission is to empower Veterans by providing effective alternative therapies and community engagement to help create a healthier, connected and resilient Veteran population.***