

## **Future Plans**

The mission of the Not Forgotten Outreach "Wellness Center" is to provide a location for Military Families to receive free Complementary and Alternative Medicine (CAM). The goal of the NFO "Wellness Center" is to help reduce pain, Post-Traumatic Stress symptoms and improve overall quality of life by delivering non-narcotic, complementary care services as an adjunct to standard medical care.

Farming – acquisition of 27.9 acres of agricultural land with water rights. The Veterans of NFO desire to own their own land for the Taos Veterans Farming Project.

The Wellness Center will have three (3) treatment rooms for massage, acupuncture, cranial sacral therapy, and myofascial therapy. In addition, there will be yoga space and an area for mindfulness & relaxation/meditation training. Classes will be offered each Wednesday afternoon at 3:00 PM.

### **Details**

Ages: All ages Races: All Genders: All Payment Options: Free Special Needs: Physical or cognitive disabilities Veterans

#### Services

Food Housing Educational Support Services Spiritual Enrichment/Places of Worship Leisure/Recreation/Sports

### Locations

# **Parent Organization**

### Not Forgotten Outreach, Inc.

Not Forgotten Outreach's mission is to motivate Military, Veterans & their Families and Gold Star families of fallen heroes to participate in recreational, therapeutic and farming activities in order to facilitate the healing process and reintegration challenges. The vision of Not Forgotten Outreach (NFO) is to create a place where veterans and their families reach deeply within themselves and the soil to make themselves more peaceful and productive in our communities.

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