



Elaine Brewer is a Fitness and Wellness Professional and the Founder of Humble Warrior Wellness Center.

She holds a certificate in The Science of Well-Being from Yale University and Specialization in Integrative Health and Medicine from the University of Minnesota. She also holds a 200hr Yoga Teacher Training Certification, Warriors at Ease Level 1 Certification, StrongFirst Training and Instruction SFG Kettlebell Course, Madd Dog Certified Spinning Instructor, and certified Group Fitness Instructor.

Even before starting her own nonprofit venture, Elaine has been a passionate humanitarian and patron. She has volunteered multiple times to instruct fitness bootcamps that support numerous military foundations and participated in several memorial runs that raised money for Gold Star families. She has personally planned and

held fundraisers that successfully donated two bulletproof vests to Spikes K9 Fund to outfit police K9s with custom protective vests. Elaine has volunteered for many other foundations and organizations including United Planet, traveling to a small impoverished village in Nepal to work at an under-developed orphanage assisting in cooking meals, cleaning, and teaching English for approximately 100 children.

Elaine is a 15yr military spouse. Her husband is a 20yr veteran of the Navy Special Operations community. After experiencing so much trauma and loss within her husband's military unit, she decided to shift her focus from her physical health background to incorporate mental health resilience as well. She quickly recognized the restorative and therapeutic properties with the mind/body connection that yoga and meditation provide along with the undeniable benefits it offers those who have experienced trauma in their lives. These are skills and practices she desires to introduce and make readily available to the military, first responders, and medical professionals, that can bring harmony and balance to the hyper vigilant and traumatic work environments these heroes experience every day.

After visiting the National Intrepid Center of Excellence (NICoE), a specialized branch of Walter Reed National Military Medical Center, Elaine was inspired to create a wellness center for veterans, first responders, and medical personnel. Witnessing what an encouraging and healing atmosphere it was for our service members battling post-traumatic stress, traumatic brain injury, chronic pain, sleep disorders, and other mental health issues had a huge impact on her and is the driving force behind Humble Warrior Wellness Center.

Elaine is a proud military spouse and is a mother of two boys, Blake and Ryan and has 3 dogs Banshee (German Shepherd), Sky (Siberian Husky), and Gordie (the Corgi). During her free time, she enjoys hiking, skiing, camping, snowshoeing, stand-up paddle boarding, and cheering on her St. Louis Blues hockey team!



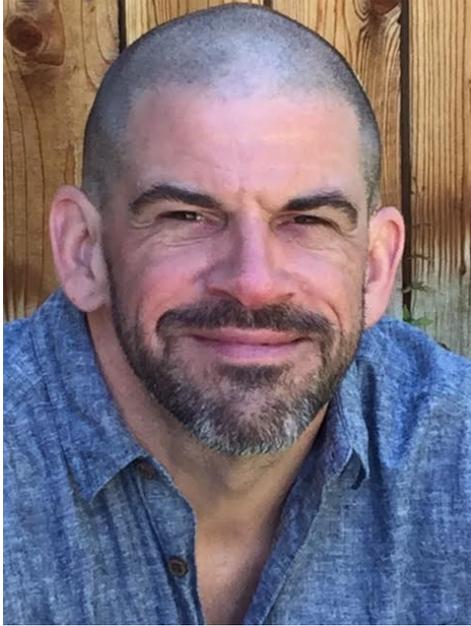
Heath Brewer is a retired Navy Veteran of 20yrs from the Navy Special Operations community and the cofounder of The Humble Warrior Wellness Center.

He holds a bachelor's degree in Strategic Studies and Defense Analysis, and an MBA with Project Management Concentration from Norwich University.

Heath made over 12 operational deployments during the span of his military career. After attending a life-changing intensive outpatient program at the National Intrepid Center of Excellence (NICoE), a specialized branch of Walter Reed National Military Medical Center, he became intimately aware of the rejuvenating and

healing properties of meditation, yoga, and other mindfulness techniques. He practices these techniques in his daily life and has witnessed numerous colleagues and teammates that have benefitted from these practices as well.

Heath is the proud husband of Elaine Brewer, founder of Humble Warrior Wellness Center. They hope to make these restorative services and techniques, not only available to veterans, but also to the first responder and emergency medical communities.



Brian Hillard, Executive Director of **CRUSADES 22**, has over 20 years of expertise in Optimal Human Performance, Mindfulness, and Holistic Healing. Brian has worked with the general public, educators, artists, senior management, business owners, veterans, first responders and their families.

Originally from Richmond, Virginia, Brian graduated from Virginia Commonwealth University in 1995, earning a double major in Exercise Science and Psychology, placing the emphasis of his studies in the area of Sports Psychology and Optimal Human Performance.

Brian's *practice what you preach* mentality is incorporated into his own daily practice of personal health and wellness in every area of his collective self; Heart and Soul, Mind and Body. Brian stands strongly by the power of his convictions and is extremely dedicated and focused on his own consistent and mindful practices of meditation and breathwork, yoga, a vibrant and intense, ever-adapting fitness practice, healthy eating and living, and giving gratitude and thanks for each and every moment.

Brian is a Shamanic Explorer, and a level three Reiki Master Practitioner, taught by fellow Reiki Master and Instructor Nicola Salter in the *Usui Shiki Ryoho Healing System*. Brian fully embraces his Native American/Cherokee Indian heritage. His deep love of Mother Earth and the life-giving elements of Earth, Air, Fire and Water is a common thread that weaves through all of Brian's teachings and supports his mindfulness, meditation and self-awareness work. This love of nature also sees Brian participating in his extreme fitness training and outdoor adventures. He shares this part of his journey and the wisdoms that can be gained through tapping directly into the heart of nature, helping ground, relax, center and focus.

Brian firmly believes that cultivating the care, love, and compassion for ourselves helps us lead more effective, efficient and purposeful lives and also has a ripple effect on those around us.



Caroline Miller, MA, PPS, LPCC#6914

Caroline has spent the last 10 years working in the mental health field. She is a Licensed Professional Clinical Counselor (LPCC) who currently has her license in California and Missouri. As a clinical therapist, she has spent years and over 4000+ hours working with families, groups and individuals with a wide range of mental health issues.

More specifically Caroline is focused on young adults with anxiety and depression. She has worked in both a crisis center for teenagers and as an in-patient rehab counselor at a short-term residential treatment center. From the beginning of her journey she has had a special interest in holistic therapies including breath work, aromatherapy, acupuncture, music, art therapy, yoga, massage and any other options that provide relief to clients beyond talk therapy.

Besides opening a private practice in St. Louis, Caroline is planning on becoming certified in EMDR, (Eye Movement Desensitization and Reprocessing). This specific therapy is an interactive psychotherapy technique used to relieve psychological stress. Many believe it is an effective treatment for trauma and post-traumatic stress (PTS). She has also been trained in Sensorimotor Psychotherapy, a somatic based therapy which uses both the mind and body to help release trauma that has been trapped within the body.

In addition to earning her MA with a PPS certification in Counseling from Loyola Marymount University, she previously worked as a therapist for 3.5 years at a non-profit counseling center in LA. She is proud of her contribution to providing mental health services to low income communities at a low cost and has had the opportunity to work with a wide range of clients. There she learned to assist clients who have stigma around their diagnoses and who find it harder to ask for help.

Personally, Caroline loves to travel, be with her family and friends, go to concerts and spend time with her animals.



Trevor Maxwell is a retired Navy EOD Senior Chief with over 20 years in uniform. Having spent most of his career working in Special Operations, he is keenly aware of the tremendous talent that is shaped in our nation's most elite units and loves to help transitioning service members plan out the next chapter of their lives.

He began his post-military career working in Financial Services at Opus Wealth Strategies in Norfolk, VA before moving over to his current position as an Advisor and Educator at US VetWealth. He volunteers with several non-profit organizations providing financial literacy education

to service members, veterans, and their families to empower them with the tools they need to gain true independence. He also serves as an Executive Coach with The Honor Foundation, a 501(c)(3) organization dedicated to providing transition assistance to service members who serve in Special Operations units. In addition to his work in the Financial Services Industry, he also runs his own real estate investment company, MaxWealth, LLC.

Trevor's personal mission is to build and maintain long-lasting relationships with other transitioning veterans to ensure that they aren't left without a sense of community after they've departed military service. He belongs to several veteran-affiliated associations and is always looking for ways to create opportunities for other veterans.

Phone number: 757-493-1131

Email: trevor@usvetwealth.com

Location: Virginia Beach, VA

Industry: Financial Services

Specialty: Financial Literacy Education, Networking

Certifications/Licenses: BA in Business Administration from St. Leo University. Pursuing Chartered Financial Consultant (ChFC) certification through the American College of Financial Services. Licensed in Life & Health Insurance, Annuities, and Securities.

Website/LinkedIn profile page:

<https://usvetwealth.com/>

<https://www.linkedin.com/in/trevorcmaxwell/>



Jessica is a workshop assistant and spouse resiliency trainer for O2X, a company who focuses on human performance for tactical athletes.

She started her career as an EMT. After moving to Virginia, she switched to the other side of the radio as a 911 operator. After receiving her degree in Criminal Justice Administration, she interned with Virginia State Probation and Parole, then took a job with the City of Virginia Beach Community Corrections, and worked as a probation officer with domestic violence offenders. In 2010, she started volunteering with a local wilderness search and rescue team, and after 2 years of vigorous training, became certified with the Va. Department of Emergency Management as a K9 handler, search team leader, and board member of GARDK9 Search

and Rescue.

Following a military move with her husband to Colorado, she began volunteering with Colorado Wolf & Wildlife Center as a keeper. In 2019, her husband retired after 27 years in the SEAL teams and started working with O2X. After seeing the dedication that O2X showed to their mission, Jessica also became involved with the company, assisting in building a spouse resiliency component to their workshops.

Jessica has been a practitioner of yoga for over 20 years. It has been a lifeline for both her and her husband through the years of increased military op-tempo, casualties, and loss. The effects of mindfulness, breathing techniques, and concentration are so essential to relieving the symptoms of PTSD and traumatic brain injuries, secondary PTSD and the stress of being a caretaker to a wounded warrior, as well as enhancing post-traumatic growth. These skills are so universal to building resiliency and mental strength, and her experiences have inspired Jessica to share her knowledge with others, prompting her to get certified through the Warriors at Ease program.

Jessica is mother of a daughter, 24, and a son, 19, who has recently joined the Army. She lives in the mountains of Colorado with her husband and retired search dog, Nash. She enjoys being outdoors, managing 25 acres, hiking, and working with first responders and military members to improve their tactical fitness.



Syra Kepko is a highly driven, successful businesswoman. She holds a Bachelor of Science in Business Administration degree from the University of South Alabama. She has spent the last 15 years on the front lines of the medical and pharmaceutical industry, serving as a patient advocate, physician educator, and community supporter. Syra has been proudly recognized as a leading sales representative in her field thru achieving the notable President's Club Award.

Syra is a part of a highly concentrated Virginia Beach military community. She has volunteered her financial and business skills to help and advise many military and gold star families in need.

Syra has and continues to be a strong advocate for military family resilience as well as creating mental health reform within service communities.

Syra is extremely passionate about health & wellness and is dedicated to daily workouts, clean eating and positive mindset therapy. On her off time, she enjoys spending quality time with her friends and family, her beautiful daughter Isabel, and her fiancé' Joshua.