



FOR IMMEDIATE RELEASE

Contact Name: Lauren Turner
(508) 251- 9895

Warrior Within Yoga Project Receives \$17,500 from Middlesex Savings Charitable Foundation

Grant will be used to bring trauma-informed yoga to MetroWest veterans and first responders

Natick, Mass., June 29th, 2023 – Warrior Within Yoga Project, Inc. today announced it received a \$17,500 grant awarded by the Middlesex Savings Charitable Foundation. The support will allow Warrior Within Yoga Project to provide trauma-informed yoga to veterans and first responders in communities throughout Metrowest.

Offered at no cost to veterans, first responders and their families, these programs provide evidence-based mind-body practices that improve the quality of life of those with invisible wounds.

“Warrior Within Yoga Project is extremely grateful for the support of Middlesex Savings Charitable Foundation in our efforts to increase access to empowering mind-body practices like yoga throughout the veteran and first responder community,” said Lauren Turner, Executive Director and founder of Warrior Within Yoga Project, Inc. “With this generous grant we can offer our veterans and first responders more resources that support mental health and overall wellbeing.”

Warrior Within Yoga Project is a nonprofit organization serving Massachusetts with trauma-informed yoga for the military and first responder population. Their mission is to equip veterans, service members and first responders with tools and training to manage stress, increase resilience and to promote post traumatic growth. Their yoga classes are offered in locations across the state as well as online. Local residents can see how the Middlesex Savings Charitable Foundation grant and local funds are benefiting Warrior Within Yoga Project by visiting www.warriorwithinyoga.org

About Warrior Within Yoga Project

Founded in 2022 and headquartered in Natick, MA, Warrior Within Yoga Project, Inc. provides evidence-based, mind-body programs, like yoga, to the veteran and first responder community throughout Massachusetts. Offered at no cost to veterans, first responders and their families, these specialized yoga classes incorporate evidence-based techniques and trauma-informed



protocols shown to improve the quality of life of those with PTSD, traumatic brain injuries and other invisible wounds. In their first year, sessions were offered in Natick, Marlborough, Worcester, Devens and Holliston. The organization is committed to ensuring that evidence-based, mind-body practices like yoga are made accessible to the veteran and first responder population by offering programs in more communities across the state. For more information, please visit www.warriorwithinyoga.org and connect on [Facebook](#), [Instagram](#) and [LinkedIn](#) .

About the Middlesex Savings Charitable Foundation

The Foundation was established in 2000 to help carry out the philanthropic mission of Middlesex Savings Bank. The Foundation has provided more than \$15 million in grants to local nonprofit organizations, supporting services and programs in a wide variety of fields, including education and basic human services. Since the inception of the Foundation, Middlesex Savings Bank has funded the endowment with over \$27 million in contributions. More information is available at <https://www.middlesexbank.com/about-us/community-support/middlesex-savings-charitable-foundation> .

About Middlesex Savings Bank

Middlesex Savings Bank, founded in 1835 and headquartered in Natick, Mass., is one of the largest mutual banks in Massachusetts with over \$6 billion in assets. The bank has been committed to providing outstanding value in consumer banking and business banking products for more than 185 years. The FDIC insured bank has more than 30 offices located in 28 communities – Acton, Ashland, Bedford, Bellingham, Boxborough, Concord, Framingham, Franklin, Groton, Holliston, Hopkinton, Hudson, Littleton, Maynard, Medfield, Medway, Millis, Natick, Needham, Reading, Sherborn, Southborough, Sudbury, Walpole, Wayland, Wellesley, Westborough and Westford. For more information, please visit www.middlesexbank.com , and connect on [Facebook](#) , [Instagram](#) , [Twitter](#) and [LinkedIn](#) .