From: Be The One podcast
To: Library Division
Subject: [EXTERNAL] - A Navy SEAL's new mission
Date: Monday, January 1, 2024 10:23:52 AM

Retired SEAL and his wife share their story about overcoming post-service transition issues with psychedelics on this month's special Be the One podcast.

AMERICAN LEGION
TANGO ALPHA LIMA
BE THE ONE
PODCAST

A Navy SEAL's new mission

LISTEN HERE

STAY INFORMED

Share on:

YOU CAN HELP

24/7 CONFIDENTIAL CRISIS SUPPORT

Other episodes you may enjoy

AMERICAN LEGION
TANGO ALPHA LIMA
BE THE ONE
PODCAST

Part One: The future of Be the One

LISTEN HERE

AMERICAN LEGION
TANGO ALPHA LIMA
BE THE ONE
PODCAST

Part Two: The role of lifestyle medicine

LISTEN HERE

AMERICAN LEGION
TANGO ALPHA LIMA
BE THE ONE
PODCAST

Part Three: MST survivor helping others heal

LISTEN HERE

AMERICAN LEGION
TANGO ALPHA LIMA
BE THE ONE
PODCAST

Part Four: Innovative ways to treat PTSD

BUTTON

Meet the host

Suggest a guest or guest host

The American Legion

700 N. Pennsylvania St. P.O. Box 1055
Indianapolis, IN 46206

View Online

Manage preferences | Unsubscribe

From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - The path to addiction recovery
Date: Tuesday, January 30, 2024 8:01:27 AM

Former Army Ranger medic Marshall Bahr sheds light on recovery from addiction as the special guest on this week's American Legion Tango Alpha Lima podcast.

The path to addiction recovery

LISTEN HERE

STAY INFORMED

Share on:

BE THE ONE DAY - LEARN MORE

24/7 CONFIDENTIAL CRISIS SUPPORT

Other episodes you may enjoy

The nation’s top doctor is in

LISTEN HERE

Overcoming addiction in the opioid epicenter

LISTEN HERE

A doctor’s cure for the fitness inactivity epidemic

LISTEN HERE

Marine veteran helps adaptive athletes thrive

LISTEN HERE

REVISIT THE FIRST 200 EPISODES

SUGGEST A GUEST OR HOST

The American Legion

700 N. Pennsylvania St. P.O. Box 1055
Indianapolis, IN 46206

View Online

Manage preferences | Unsubscribe