



NEWS RELEASE

Date: March 22, 2017
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Iron Horse Cigar Depot to Support the Adaptive Sports Foundation's Warriors in Motion Program

WINDHAM, NY The Adaptive Sports Foundation (ASF) in Windham, NY is pleased to announce the addition of Hudson business Iron Horse Cigar Depot to the family of companies and donors providing support for Warriors in Motion® programming.

Warriors in Motion (WiM) is a year round program that provides injured United States servicemen and women the prospect of empowerment through physical activity, wellness education, and mentorship/leadership opportunities. This extensive veterans program works with U.S. troops from all eras who've suffered injuries ranging from amputation, shrapnel wounds, spinal cord and traumatic brain injuries to combat stress disorder and other combat related injuries and chronic illnesses.

ASF began serving injured troops in 2005, teaching them skiing and snowboarding, but our programming focus evolved over the next five years. We went from being a sports outlet to something much deeper as the number of men and women with Post Traumatic Stress returned stateside and the number of reported suicides began to climb. With the development of *Warriors in Motion* in 2011, ASF created a program that supports participants' physical, mental, and emotional growth. We believe that regular exercise reduces stress, obesity, depression and secondary medical conditions for individuals with disabilities and empowers veterans through increased self-esteem, confidence, and improved quality of life. One of the most important outcomes of WiM programs is to help participants make a healthy transition to civilian life through their own continued healing. All sport programs take advantage of the valuable local resources in the Catskills and the Mid-Hudson Valley. Today, we can proudly say that we have served over 1,200 injured troops and their family members.

"The Adaptive Sports Foundation is proud to host these important events for the warriors. It is a privilege to teach the joy, exhilaration and lifetime skill of outdoor sports to men and women who have fought for our country and our freedoms, and who have returned with physical, mental and emotional wounds. With the support of the Iron Horse Cigar Depot and its generous members, we are excited to have the opportunity to continue honoring and empowering wounded warriors and their families."

– Todd Munn, Executive Director of the Adaptive Sports Foundation

The Iron Horse Cigar Depot is a full service cigar shop located in Hudson, NY. Owner Roy Brown and his wife, Optometrist Nicolette Sacco-Brown, are both veterans of the armed forces and feel a strong connection to the injured men and women who participate in Warriors in Motion events. Iron Horse Cigar Depot holds monthly events like steak dinners, golf outings, Hudson River cruise, and special cigar events during which members donate to support local non-profits. Proceeds from all 2017 summer events will go toward ASF Warriors in Motion programs.

With the support of the Iron Horse Cigar Depot and its many generous members, ASF is excited to assist wounded veterans on their personal paths to wellness and to empower the population of injured servicemen and women living in NY and the surrounding area.

Adaptive Sports Foundation

The Adaptive Sports Foundation (501c3) provides profound and life changing experiences for individuals with physical and cognitive disabilities and chronic illness through outdoor physical activity, education, support, and community. In 2015-2016, Adaptive Sports Foundation provided over 3600 lessons to children and adults with disabilities and the organization's 275 volunteers donated 27,000 hours of service.

Location: 100 Silverman Way, Windham, NY 12496 Phone: 518-734-5070

To learn more and/or get involved, visit www.adaptivesportsfoundation.org.

Iron Horse Cigar Depot

The Iron Horse Cigar Depot is a full service cigar shop located in Hudson, NY. The Iron Horse Cigar Depot was opened with one objective: to become a full service cigar shop that provides a space that allows customers to enjoy a great smoking experience. The store offers today's most sought after premium hand rolled cigars as well as many smoking accessories. The Cigar Depot's indoor lounge features comfortable leather seating and a 60 inch TV while the outdoor patio is a great place to meet business associates or to relax and have a casual conversation.

Location: 22 South 7th St. Hudson NY 12534 Phone: 518-828-1505

www.ironhorsecigardepot.com