

June | 2023

# HEAL\*ARIOUS

COMEDY FOR PSYCHOLOGICAL PERFORMANCE



# NEWSLETTER

## HEAL\*ARIOS partners with The 11/11 Veteran Project!



Professional Racecar Driver and 11/11 Project founder, Colin Garret, from South Boston, VA uses his racing platform to help connect Veterans to needed resources. For Colin, this cause is personal. His two older brothers are currently serving in the US Army and Colin is an instructor for defensive driving and tactical mobility for the US Military. He has supported organizations such as Racing for Heroes, Team Unbroken, and The Rosie Network. On May 8th, Colin went LIVE on Instagram with Comedian Ashley Gutermuth to announce the official partnership with HEAL\*ARIOUS!



Ashley Gutermuth and Colin Garret LIVE on Instagram on May 8th from Colin's racecar

During the live stream, Ashley tuned in from the road between tour stops, and Colin from inside his BMW M4 GT4 racecar at the Virginia International speedway. Ashley asked what it's like to "pull G's" in a racecar and Colin invited her on a future test ride!

Ashley and Colin shared how honored they are to use their respective titles of Air Force Spouse of the Year and Race Champion combined with their love of comedy and "causing trouble" to help Veterans get the resources they need or didn't know were available. See the full video on their Instagram pages @ashgutermuth and @colingarrettweb.

### OPERATION HEAL\*ARIOUS

FIND AMERICA'S FUNNIEST VETERANS AND MILITARY SPOUSES!

Best Medicine Brigade logged another successful tour stop to a packed house of comedy fans at the Arlington Cinema & Drafthouse on May 4th. Army spouse, Gigi Bledsoe, from Montclair, VA won the Semi-Final competition and will be competing in the Season 1 Finals on November 5th in Hollywood. Strong performances by all contestants in front of a belly laughing crowd made for a tough decision for the judges. In the end it was Gigi who won their hearts earning the cash prize, a prestigious bottle of Jack Daniel's Hero Select, and an invitation to compete in the finale.



Gigi Bledsoe, Army Spouse from Montclair, VA. Arlington, VA Competition winner

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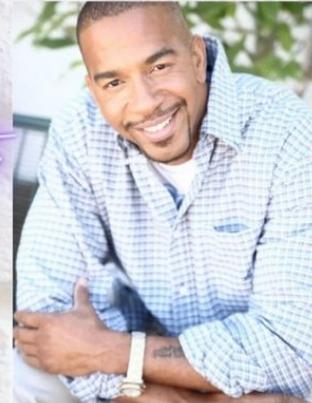
## PTSD AWARENESS MONTH

JUNE is National PTSD Awareness Month. We have all heard about it, read about it, watched documentaries on it, seen news coverage on it, watched celebrities talk about it, and a lot of us know about it first hand. Veteran PTSD. Veteran suicide. Everyday. Service-related PTSD can manifest in many ways and shapeshift into many forms. Sometimes it actually is what is portrayed in the entertainment industry as the Veteran who can't be in large crowds or has a flashback around fireworks. Sometimes it's quieter. Sneakier.

Sometimes it's the horrific images forever burned into our brains that sneak into our dreams like an abusive ex-lover trying to slide back in your Facebook messages saying, "Hey remember me? Remember all that fun we used to have? Here's some pictures to remember me by." Sometimes it's a loss of identity, a loss of self, a loneliness that lives inside you regardless of the quality of your company. Sometimes it can be quieted by dumping alcohol, drugs, or doctor prescribed medications on it. Some Veterans choose to quit it forever by quieting themselves forever.

"Whoa Funny Guy! Going a little heavy there huh?" Yeah. At HEAL\*ARIOUS we love to laugh and introduce therapeutic humor to Veterans as a compliment to traditional therapy and medical practices. However, we know first hand that a laugh might be what is needed as only the first step to get someone out of the dark moment they are in so they can then move toward the clinical help needed. This is why we want to destigmatize asking for help and fully embrace our partner, The American Legion, and the #BetheOne initiative. With your help, the program will destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be the One. -By Marc Hoover

*Comedian Spotlight*  
**Stan Shelby**



**STAN SHELBY** - As a Best Medicine Brigade Comedian and beloved host of the OPERATION HEAL\*ARIOUS Tour, we could not be more grateful for the joy Stan brings to the HEAL\*ARIOUS mission. Stan is a Navy Veteran and Charleston, SC native who got is start in the Atlanta comedy scene. Ever since, he has been has dazzling audiences internationally with insightful, observational humor. He has performed for troops all over the world and regularly

performs in the Charleston Area and a multitude of venues across the country. He is a joy to have on any show both on and off stage and a fantastic mentor to up and coming comedians. Stan's act has something for everyone and his loveable energy is contagious to any crowd he performs for. You won't be disappointed when you **BOOK HIM** at [bestmedicinebrigade.com/Stan-Shelby](http://bestmedicinebrigade.com/Stan-Shelby) and be sure to follow his hilarious IG posts @comedianstanshelby

## BE THE ONE

### You Can Help



### VETERANS & ACTIVE DUTY SERVICEMEMBERS

### JOIN TODAY!



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SCAN TO DONATE TO HEAL\*ARIOUS!

## A HUGE THANKS TO OUR PARTNERS!!

