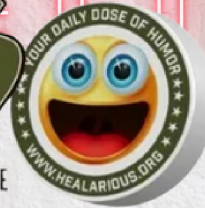


MAY 1 2023

HEAL★ARIOUS

COMEDY FOR PSYCHOLOGICAL PERFORMANCE



OPERATION HEAL★ARIOUS

FIND AMERICA'S FUNNIEST VETERANS AND MILITARY SPOUSES!



Photo Credit: Jennifer Blohm/The American Legion

Chris Karwoski: Army Veteran from Dayton, OH
OPERATION HEAL★ARIOUS Semi-Final Winner

AUDITIONS OPEN!

- San Diego, CA
29JUN23
- San Antonio, TX
15JUL23
- Fayetteville, NC
29JUL23
- Newport News, VA
10SEP23
- Killeen, TX
15SEP23
- Charleston, SC
21OCT21

PhotoCredit: Jennifer Blohm/The American Legion

The National Veterans Memorial and Museum hosted the first stop of the Operation HEAL★ARIOUS tour on April 1st. This "American Idol" – style showcase kicked off the search for America's next great Veteran or military spouse comedian. The NVMM was the first of five tour stops in the first season, followed by Arlington, Virginia (May 4); Tacoma, Washington (June 4); San Antonio, Texas (July 15); and Fayetteville, North Carolina (July 29); with a November 5th finale in Hollywood, California. Join us at a stop near you to cheer on your favorite comedians and propel them to the next round!

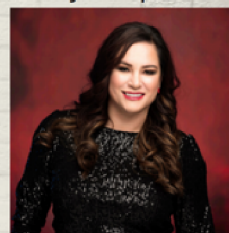
SO YOU THINK YOU'RE FUNNY?

So, you were the funny one in your unit, huh? Always had the right zinger to break the tension? Always the one with the witty comment that made everyone laugh but also got everyone in trouble? Maybe your buddies always said you should try stand-up. Maybe you're already on tour. We see you. We want you! If not you, a hilarious veteran or military spouse comedian you know and love! You only need 3 minutes of original, PG-13-rated, stand-up comedy material on tape to submit. If selected, you will compete against four other comics, performing a 5 minute set in the Semi-Finals with a chance to go to Hollywood! For details about how to submit, head to bestmedicinebrigade.com/comedy-competition.



DENVER, CO HEAL★ARIOUS President and Best Medicine Brigade CEO Robin Phoenix Johnson was selected to be the Keynote Speaker at the VA Volunteer Service National Advisory Committee Meeting and Conference in Denver, CO. Robin's extremely well-received speech spread the word to a packed house of VA volunteers about how HEAL★ARIOUS, focuses on incorporating humor

Keynote Speaker



ROBIN PHOENIX JOHNSON
CEO, Best Medicine Brigade
President, HEAL★ARIOUS (501c3)

into whole health wellness strategies for veterans with mental health diagnoses such as PTSD, depression, and anxiety.

MAY | 2023

NEWSLETTER



Workshops

See HEAL*ARIOUS in action! We're all friends here. Common' in! During our 1hr HEAL*ARIOUS Humor for Whole Health Session, participants learn how to use humor and stand-up comedy techniques to improve their whole health with cognitive restructuring. The laughter helps participants identify some of the biggest challenges in their lives and then find humor in them. Extensive research has shown that this shift of perspective and the laughter accompanying it helps create a psychological distance from trauma. This distance helps to keep us from feeling overwhelmed. Laughter lowers the levels of those nasty stress hormones (cortisol) and boosts the feel-good hormones (endorphins) we could use more of. It relaxes the muscles, decreases pain, opens our airways, increases oxygen flow, increases the number of cells fighting infection, improves our memory, and improves our interaction with others! See it for yourself! Join in on a session and watch their faces light up as yours does the same. Head to healarious.org to learn more!

Comedian Spotlight *Demi Chang*



DEMI CHANG - The OPERATION HEAL*ARIOUS Tour would not be possible without the efforts and humor of Tour Manager and host of the Arlington, VA show, Demi Chang. In addition to her vital roles at BMB and HEAL*ARIOUS, Demi is a Washington, DC based Marine Corps veteran with an impressive and growing comedy career.

Demi regularly performs the Washington, D.C. Metropolitan area and numerous venues across the country. She has been featured on the Kill Tony podcast, The Secret Show in Austin, TX, and who knows what next! Come catch the hilarious Demi on tour, or **BOOK HER** at bestmedicinebrigade.com/demi-chang and follow her IG @THEDEMICHANG



SCAN FOR BEST MEDICINE
BRIGADE MERCH!



SCAN TO DONATE
TO HEAL*ARIOUS!

A HUGE THANKS TO OUR PARTNERS!!

