

When you hear the term “top 1%” most people think about the richest Americans. However, when we think of the “top 1%” we think of our US Armed Forces. Historically only 1% of the population choose to join the military. So, we created the True Top 1% Foundation:

### ART THERAPY:

Art Therapy is a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modeling, used as a remedial activity or an aid to diagnosis.

### PTS AWARENESS FOR OUR VETERANS

1 of the 3 hallmark symptoms of clusters associated with PTSD we focus on:

- Avoidance / Emotional Numbing

Our goal:

Taking the object (beer bottle) they use to numb their feelings, turn it around and use that same object to creatively express their feelings without words



**J2**  
Presents  
**1st Annual**

**TRUE  
TOP 1%  
Military Exhibition**  
Nov 12/13, 2022