

FREQUENTLY ASKED QUESTIONS ABOUT PGA HOPE

PGA HOPE's goal is to enhance your physical, mental, social, and emotional well-being.

WHO CAN JOIN?

All Veterans are eligible to participate. Classes are on a first-come, first-serve basis.

HOW DO I SIGN UP?

**Contact Thomas Yost, PGA
tyost@sjcounty.net OR 505-486-4736**

WHERE ARE CLASSES HELD?

San Juan Country Club & Civitan Golf Course

WHO TEACHES THE CLINICS?

All classes are taught by PGA Members and Associates who have been certified through the PGA HOPE training program.

WHAT ARE THE BENEFITS OF PGA HOPE FOR VETERANS

Physical:

- Can help improve cardiovascular health
- Can help improve muscle strength
- Can help improve balance, coordination, and flexibility

Emotional:

- Can help improve your sense of confidence and self-esteem
- Can be an outlet
- Helps with things such as precision, control, and etiquette
- Challenges you in new ways

Social:

- Use golf to come together with other Veterans
- Forms sense of comradery
- Forms sense of community
- Helps others understand the wounds of war and the effects on everyday life

Cognitive:

- Can help improve focus and concentration
- Can help improve memory
- Can increase blood flow to the brain
- Can improve visualization skills

