



Dajon Ferrell Founder

The Warrior Lighthouse
The Warrior
Lighthouse started
in Spring of 2014
after founder, Dajon
Ferrell, experienced
her own struggles
with Post Traumatic
Stress and depression

stemming from military sexual trauma and childhood abuse. After finding alternative healing modalities that empowered her and gave her a second chance at life, she wanted to help other military service members, veterans and anybody who wanted to learn how to live life with more grace, ease and in the present moment.

Holistic and Alternative Therapies

Acupuncture
Massage
Reiki
Reflexology
Trauma Releasing Exercises (TRE)
Essential Oils
Nutrition Response Testing
Yoga

Resources and Vendors Available All Day

La Crosse Vet Center
Federal VA
WDVA Bureau of Federal Claims
Veteran Outreach & Recovery
Program
Life Coaching
Operation H.E.E.L.

9:30 – Registration

10:00 – Opening Remarks: Daniel J. Zimmerman
Secretary, Army Veteran, WDVA

Introduced by Libby Schmiedlin

Women Veterans Coordinator, Air Force Veteran,
WDVA

10:15 – Keynote Speaker: Dajon Ferrell

Empowerment & Vulnerability Coach, Army Veteran

11:00 – Equine Therapy, in the Round Pen

Holistic and Alternative Therapy Sessions Begin

11:30 – Holistic and Alternative Therapy Session

12:00 – Lunch provided by United Women Veterans

Discussion with Veteran Outreach & Recovery
Program Clinical Coordinator Colleen Rinken

1:00 – Equine Therapy, in the Round Pen

Holistic and Alternative Therapy Sessions

1:30-3:00 – Holistic and Alternative Therapy Sessions

3:00 – Women Veterans Retreat Ends

*Trauma Release Exercises available in the conference room
every half hour.*

***Reiki** - palm
healing, and/or
hands-on healing*

***Trauma Release
Exercises** - is an
innovative series
of exercises that
assist the body
in releasing
deep muscular
patterns of stress,
tension and
trauma.*

***Reflexology** -
application of
pressure to the
feet and hands
with specific
thumb, finger,
and hand
techniques.*