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**American Heroes Network  
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March 1st 2016: Mindful Warriors**

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Mindful Warriors was started as a means to advocate for veteran issues, help them overcome their adversities, and to facilitate the management of Veteran Outreach Programs. Our motto is "Continuing the Mission, So Others May Live".



#### Featured Guest



#### Roy Savage

Roy was born May 25th, 1970 in Seward Alaska. From 1989-1993, he served as an Operations Specialist and Ship's Rescue Swimmer in the US Navy. He served on three tours of duty including Operation Desert Shield.

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