



AJ ANDERSON

US Marine Corps (*Retired*)

AJ ANDERSON's eclectic set of life experiences guided him toward his current path of using the power of physical activity to help individuals heal, grow and thrive in the face of life's stressors. He is a combat-disabled veteran who served in the Marines from 2009-2013 as a Machine Gunner, deployed three times. Upon being honorably discharged, he took some time to integrate all of his experiences in the Marines and in the process found the College Military Rowing Program in Shelton, CT. Inspired by the benefits and changes he saw within himself, he set out to help others do the same. After receiving his Masters of Social Work from Columbia University, he subsequently became a Licensed Clinical Social worker, certified ropes course manager, and 200-hour Yoga Instructor. Utilizing these combined roles, he implemented a variety of experiential therapies at Detox, Residential, and Outpatient levels of care. Frustrated with seeing prescribers treating symptoms instead of people, AJ became a Registered Nurse and is currently pursuing a Psychiatric Mental Health Nurse Practitioner degree at Yale University to foster change from within the profession. He remains involved in rowing and most recently was awarded a Gold medal at the 2022 Military World Rowing & Kayaking Federation™ Championships held in Budapest.

