

Warriors Heart and Grunt Style Bring Recovery Stories to Life with Healing Mural and Art Gallery

Warriors Heart and Grunt Style reveal public art display by military, veterans and first responders Memorial Day thru Veterans Day.

SAN ANTONIO, TX, UNITED STATES, May 20, 2025 /EINPresswire.com/ -- [Warriors Heart](#) announces the Memorial Day weekend unveiling of a new healing mural titled, "[Service is a Lifestyle](#)" and "Warriors HeArt Gallery" at the [Grunt Style](#) headquarters in downtown San Antonio, Texas. This public art display will be featured Memorial Day weekend through Veterans Day to shine a light on the often-unseen battles Warriors (military, veterans and first responders) face long after their service — and how creative expression becomes a path to healing for those struggling with addiction, PTSD and co-occurring issues.



Warriors Heart announces the Memorial Day weekend unveiling of a new healing mural titled, "Service is a Lifestyle" and "Warriors HeArt Gallery" at the Grunt Style headquarters in downtown San Antonio, Texas.

Warriors Heart Texas Executive Director Christina Moreno emphasizes, "This collaborative mural and artwork are a public testament to healing, purpose, and the strength it takes to come home from the battles within."

Created by Warriors reclaiming their lives, the "Warriors HeArt Gallery" invites the community to witness the transformation that happens when creativity becomes part of recovery. Many of the art pieces will feature QR codes linking to audio recordings of the Warriors' personal stories behind their creations — offering visitors a deeper, more intimate connection to the healing journeys represented in the gallery.

The mural and more than 60 pieces of artwork were created by Warriors - many who have completed Warriors Heart's specialized 42-day inpatient treatment program - along with contributions from Warriors Heart staff. Each piece reflects a personal story of service, struggle, and recovery through art.

Art therapy is an integral part of Warriors Heart's treatment, where clients work closely with the clinical team to use creative expression as a way to process emotions, confront trauma, and support their healing journey.

The "Service is a Lifestyle" mural and "Warriors HeArt Gallery" represents the dedication of warriors to servicing their community. The helmets at the bottom represent the population Warriors Heart serves, which includes military, veterans and first responders.



Warriors Heart Creative Art Instructor Dan Monreal explains the overall "Service is a Lifestyle" theme of this healing mural and special exhibit at Grunt Style HQ San Antonio, Texas.

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Christina Moreno, Warriors Heart Texas Executive Director

“The idea is that service is a lifestyle. That is the theme of the art event that we'll be having all the way through to November. The idea is strength, honor, and stability.”

Monreal further clarifies the mural's American eagle theme, “The design idea came from of a painting that was done a few years back by a client that came through our program. The American eagle seems to be one of those symbolic images that represent them and their strengths and their honor. So, we thought it was fitting to

incorporate the American eagle into this storefront design, along with the paint brushes, the palette of color, tubes of paint that we normally always go through when we're painting something in the Warriors Heart Art studio.”

Monreal adds, "When warriors go through our program, we want them to go in and celebrate themselves in a way that they'll be able to carry the art idea with them back home, share it with friends, family members, strengthen their sobriety, and then just enjoy art because art is such a beautiful therapy."

To make a further positive impact on the community, the "Warriors HeArt Gallery" artwork will also be available for auction towards the end of the exhibit. All proceeds will go to Irreverent Warriors (<https://irreverentwarriors.com>) and Warriors Heart (<https://warriorsheart.com/connect>) to help more Warriors heal.

ABOUT: WARRIORS HEART (Bandera, Texas near San Antonio and Milford, Virginia, near Richmond and Washington D.C.) is the first and only private and accredited treatment program in the U.S. exclusively for "warriors" (active duty military, veterans, first responders and EMTs/paramedics) faced with the self-medicating struggles of alcohol addiction, prescription and drug addiction, PTSD (post-traumatic stress disorder), mild TBI (Traumatic Brain Injury) and other co-occurring issues in a private, 100-bed facility on a 543-acre ranch in Bandera, Texas and 60-bed facility in Milford, Virginia. Along with a minimum 42-day peer-to-peer residential treatment program, Warriors Heart offers a full continuum of care with the option of Detox, Residential Treatment (inpatient), Day



The "Service is a Lifestyle" mural and artwork displayed at Grunt Style were created by Warriors (military, veterans and first responders) - many who have completed Warriors Heart's 42-day inpatient treatment program - along with Warriors Heart staff.



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Treatment, Outpatient (IOP), Sober Living, TMS (brain treatment) and Aftercare. Warrior Heart is accredited by the Joint Commission, and is a member of the NAATP (National Association of Addiction Treatment Providers). As a "Preferred In-Network Community Care Provider", Warriors Heart accepts TRICARE and most insurance. Warriors Heart's work has been featured on the TODAY Show, CBS Health Watch, A&E Intervention, National Defense Radio Show, NPR, Shawn Ryan Show, Dr. Drew Midday Live, and in FOXNews, TIME, Forbes, Addiction Pro magazine, Stars and Stripes, Task & Purpose, Military Families Magazine and many more. There is a 24-hour Warriors Heart hotline (866-955-4035) answered by warriors. For more information, visit <https://warriorshheart.com/connect>



This Warriors Heart and Grunt Style public art display will shine a light on the often-unseen battles Warriors face long after their service, including addiction, PTSD and co-occurring issues, and the healing power of art therapy.

ABOUT: GRUNT STYLE is a patriotic and veteran-operated apparel brand designed for a new class of warriors: first responders, military veterans, law enforcement, as well as their friends and families. With over 400 employees, the company works hard to deliver the highest quality, most patriotic apparel on the planet that's backed by an unbeatable lifetime guarantee. Headquartered in San Antonio, Texas, Grunt Style stands behind its products, its service, and our country. Visit <https://www.gruntstyle.com> and join the conversation on Facebook, Twitter, and Instagram at @GruntStyle.

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