

**News Release**

**Military-Veterans Advocacy**

**FOR IMMEDIATE RELEASE** May 17, 2023

**Joint Resolution will establish Veterans Get Outside Day**

**SLIDELL, LOUISIANA** – The U.S. House of Representatives (H. Res. 387) and Senate (S. Res. 206) have introduced a bi-partisan joint resolution to designate June 10, 2023 as “Veterans Get Outside Day.” The resolution encourages a targeted outreach program to urge Veterans to participate in outdoor activities on that date.

The resolution is the part of an effort by Military-Veterans Advocacy (MVA) and the Canadian o2 Project to encourage those living with post-traumatic stress, traumatic brain injury, depression, and anxiety to participate in outside events and activities to improve mental health outcomes.

The resolution was introduced on May 10 by U.S. Senators Bill Cassidy, M.D. (R-LA), Angus King (I-ME), and Kevin Cramer (R-ND), and U.S. Representatives Garret Graves (R-LA-06) and Seth Moulton (D-MA-06).

“We owe it to the men and women who traveled oceans to protect us to address the veteran suicide crisis,” **said Dr. Cassidy.** “Vets Get Outside Day is a positive step towards ensuring veterans know they have the help they need available to them.”

“Veterans Get Outside Day encourages Veterans to experience the outdoors and engage in recreational activities such as hiking, biking, fishing, and hunting, and ultimately promote a passion for the outdoors. Studies show that nature-based therapy can work. I’m proud to join Congressman Moulton in introducing this resolution to support our Veterans,” **said Representative Graves.**

“This is a great opportunity for veterans struggling with post-traumatic stress and traumatic brain injury to go outside and benefit from the calming effects of nature.” said Commander John Wells (US Navy retired), Chairman of MVA. “I know when I was in the Navy it was always nice to go topside, breathe some salt air and watch a sunset.  This program will give folks an opportunity to enjoy some fresh air and appreciate the world around us.”

Rachel Ware, Executive Director of the Benjamin Ware Legacy Fund – o2 Project, noted: “The o2 Project - Get Outside Day initiative encourages people worldwide to go outside and benefit from nature. Getting outside and reconnecting with nature has been proven to reduce blood pressure, stress, symptoms of anxiety and depression, and improve our overall well-being.  We are happy to work with MVA to promote wilderness therapy and mental health among those who have fought to defend North America.”

“Our hope that if Veterans spend one day outdoors doing activities that help them relax and connect with nature, that they will want to make it part of their regular routine,” Wells said. “With this in mind, we encourage everyone to “Take 10” minutes daily to get outside and do something to provide a break from daily stress.”

The Veterans Get Outside Day Joint Resolution encourages the Department of Veterans Affairs, the Forest Service, and the Department of the Interior to coordinate and cooperate in promoting “Veterans Get Outside Day”. This designation coincides with U.S. Forest Service National Get Outdoors Day.

A public event is planned at the *USS Kidd* Veterans Museum, 305 S. River Road, Baton Rouge Louisiana, June 10 from 9:30 a.m. to 3:30 p.m.

Individuals are encouraged to reach out to their representatives to support this joint resolution. For more information on the o2 Project and Veterans Get Outside Day click here.

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For more information contact John Wells at John.Wells@MVAdvocacy.org.

**Related News Release:** https://www.cassidy.senate.gov/newsroom/press-releases/cassidy-king-cramer-graves-moulton-introduce-resolution-to-establish-vets-get-outside-day-to-battle-ptsd-veteran-depression