



Joint Announcement



Military-Veterans Advocacy is proud to announce that we have partnered with the Benjamin Ware Legacy Fund, a Canadian Charity, to promote the o2 Project – Veterans Get Outside Day. The event occurs annually on the second Saturday of June. This year Veterans Get Outside Day will be June 10th and we are working on several exciting events to promote this initiative.

Many Veterans struggle with the effects of PTSD, traumatic brain injury, or the challenges of life. There are proven mental health benefits to spending time outdoors. Too often those suffering with mental health issues isolate themselves instead of allowing nature to help them heal. The o2 Project introduces these wilderness health benefits to those who are struggling with these challenges.

The o2 Project embraces wilderness therapy to get everyone outside, at a minimum for one day. Participants can take a walk, ride a bike, go hunting, fishing or just sit communing with nature. We will provide links to activities and organizations in both the U. S. and Canada that support wilderness therapy. Try it on June 10th and if you enjoyed your day outside, make it a regular part of your routine.

Please visit our website at <https://www.militaryveteransadvocacy.org/o2-project---veterans-get-outside-day.html>

You can also participate in our “Ten-A-Day” movement by spending at least 10 minutes outside each day soaking in nature and breathing the fresh air. It’s as simple as a walk around the block or visit to a local park.

Many organizations sponsor wilderness activities for Veterans and MVA is carefully vetting those which provide these services for free or low cost. By giving to the o2 Project at this link <https://o2project.org/donate-now> you ensure your donations benefit organizations that provide wilderness therapy. 100% of all donations to this link coming from the United States will be donated to wilderness therapy groups supporting U.S. Veterans.

Any time – Anywhere! Just get outside!