

# APPROXIMATELY 22 VETERANS A DAY DIE BY SUICIDE.

## JOIN US IN OUR FIGHT TO SAVE THEM.



*Show our nation's heroes of all eras that they are not alone,  
Join us in the 9th Annual 22 WOD to End Veteran Suicide Challenge!*



- \$22 suggested donation or \$35 w/tshirt
- At minute 22, moment of silence to recognize those who have lost the battle
- Open to Traditional Gyms, Boxing Gyms, and workout facilities across the U.S.



- All donations go to help fund Honor and Courage's crisis line and Service Animal Support program for Veterans
- Create your own WOD in your city
- Contact us today for more information

## TOGETHER WE CAN MAKE A DIFFERENCE.

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[FACEBOOK.COM/OFFICIAL22WOD](https://FACEBOOK.COM/OFFICIAL22WOD)