

# VLP NEWSLETTER



## VETERANS LEADERSHIP PROGRAM

SERVING VETERANS SINCE 1982

### NOMINATIONS FOR 30TH ANNUAL TRIBUTE NOW OPEN



#### TRIBUTE TO VETERANS MAY 29, 2020

VLP is now accepting nominations for our Tribute to Veterans awards!

Would you like to recognize someone for going above and beyond for their country or the Veteran community?

Nominate a Veteran, Service Member, military supporter, or organization today!  
**Deadline: Friday, March 6, 2020**

Honorees will be spotlighted at the **30th Annual Tribute event** on May 29, 2020 at the Rivers Casino.

To nominate someone or purchase event tickets, please see the links below.

### JOIN US TO KICK-OFF VLP'S NEW PROGRAM- MISSION: WELLNESS

#### MISSION: WELLNESS LAUNCH PARTY & INFO SESSION

Please join us on April 1st to kick-off VLP's newest program!

Meet our new Wellness & Resiliency Trainer, Sean Buzzard

Learn about our mindfulness and fitness programming

Hear from Wellness Experts

Learn more about our upcoming events: 335 Miles for Veterans, Crucible Hike, and Pittsburgh Marathon

RSVP with the link below!



#### LAUNCH PARTY AND INFO SESSION JOIN US TO KICK OFF VLP'S NEWEST PROGRAM!

WEDNESDAY, APRIL 1ST | 5:30-7:30 PM  
2934 SMALLMAN STREET PGH, PA 15201

Meet our new Wellness & Resiliency Trainer  
Learn about our mindfulness and fitness programming  
Hear from Wellness Experts (REI, Nutritionists, Trainers)  
Learn more about our upcoming events:  
- 335 Miles for Veterans, Crucible Hike, and Pgh Marathon

## MISSION: WELLNESS



MISSION:  
WELLNESS

(412) 481-8200 EXT. 221  
BUZZARDS@VLPWPA.ORG

### UPCOMING WELLNESS EVENTS

**DICK'S SPORTING GOODS  
PITTSBURGH MARATHON 2020**

**VETERANS LEADERSHIP PROGRAM**

**RUN FOR A REASON OFFICIAL CHARITY**

#### PITTSBURGH MARATHON MAY 3, 2020

VLP is proud to be the Official Veterans Charity of the Dick's Sporting Goods Pittsburgh Marathon!

Charity Runners participate at no cost to themselves while raising awareness and funds for the charity of their choice!

Join the VLP Charity Runner team using the link below!

#### 335 MILES FOR VETERANS JUNE 30-JULY 4, 2020

Over the extended Fourth of July weekend, Veterans and supporters annually bicycle 335 miles from Washington, DC to Pittsburgh to honor and support local Veterans.

Join the ride using the link below!



WASHINGTON D.C. - PITTSBURGH



LAUREL HIGHLANDS HIKING TRAIL

#### CRUCIBLE HIKE FOR VETERANS SEPTEMBER 18-20, 2020

Every September, VLP holds a 3 day 70.5 mile hike along the Pennsylvania Laurel Highlands Trail. This extreme journey through some of Pennsylvania's most spectacular scenery is a journey of determination and personal triumph while honoring and supporting local Veterans.

Join the hike using the link below!



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