



PRESS RELEASE

2023 FIRST RESPONDER WELLNESS FAIR

Location: 5.11 Tactical Store, 11120 West Broad Street, Glen Allen, VA 23060

Date/Time: Saturday September 23, 2023, from 10am – 3pm

Join us on Saturday September 23, 2023, from 10am – 3pm at the 5.11 Tactical Store, located at 11120 West Broad Street, Glen Allen, VA 23060 for the first ever VALE First Responder Wellness Fair. This event will have a strong focus on the mental and physical health of our first responders. We will have various informational booths pertaining to mental health, how to deal with job related PTSD (Post-Traumatic Stress Injury), physical fitness and alternative forms of wellness, such as creative writing and podcasting.

Recent numbers indicate that so far for the year of 2023; 2 911 Dispatchers, 6 EMS Personnel, 12 Firefighters, and 53 Law Enforcement Officers in the US have taken their own lives. These numbers are very concerning, but the actual number could be much higher, due to the fact that first responder suicides often go under-reported. We at VALE have made it one of our top three priorities to end the stigma of first responders seeking help.

Wellness, including mental health and physical fitness are some of the most important aspects of any first responder's career. How to deal with traumatic situations, how to deal with PTSD resulting from a job-related incident, how to get physically fit and remain so. Additionally, how to develop good eating habits in a career that is fast paced and usually is fraught with eating at fast food restaurants or convenience stores that are open at 2am.

While this event is geared toward our local first responders, it is open and free to the public to attend as well. So please join us for this unique event and help us support our first responders.

Useful Links:

The VALE Foundation – Virginia Law Enforcement Foundation Social Media:

Facebook Event Page:

Facebook: @VALEFoundation

Instagram: @vale_foundation2020

Twitter: @VALE_Foundation

LinkedIn: www.linkedin.com/in/vale2020

Media inquiries about this event can be emailed to: valefoundation2020@gmail.com

Sponsored and made possible by:

5.11 Tactical (Short Pump)

Torchy's Tacos
Unit 2 Back Outdoors

List of participating organizations:

Virginia First Responder Support Services (www.vfrss.org)
Richmond Police Critical Incident Stress Management (CISM) Team
Capps Christian Counseling
Reboot Recovery (www.rebootrecovery.com)
Badge 2 The Bone Podcast (www.badgetothebone.com)
Frontline Writers (www.frontlinewriters.org)
Aegis Jiu-Jitsu (www.aegisjj.com)
Half Wild Counseling (www.halfwildcounseling.com)
Unit 2 Back Outdoors (www.facebook.com/unittoback)
Lighthouse Health and Wellness (www.lbhc.org)
Copline (www.copline.org)
Veterans Yoga Project (veteransyogaproject.org)
Over The Rainbow, LLC (www.overtherainbowllc.com)
The Hero Academy (www.herolabradors.org/the-hero-academy)
The Hiraeth Foundation (www.hiraethfoundation.org)
Title Boxing Club – Richmond (www.titleboxingclub.com/richmond-va)
Virginia Police K9 Association (www.k9pd.org)
The Henrico County Sheriff's Office (www.henricosheriff.org)
Warriors Heart (www.warriorsheart.com)
Virginia Firefighters for Lifelong Health Registry (www.firefightersforhealth.org)
Hitting Cancer Below The Belt (www.hcb2.org)
Shields and Stripes (www.shieldsandstripes.org)
Boulder Crest Foundation (www.bouldercrest.org)
Sirens and Salutes (www.sirensandsalutes.org)
Vets Retreat of Virginia (www.vetsretreatvirginia.org)

***** List current as of August 4, 2023*****

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