



# HENRICO COUNTY, VA FIRST RESPONDER WELLNESS EVENT

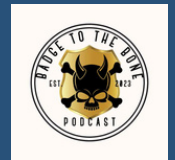


Come join us for VALE Foundation's  
First Annual First Responder  
Wellness Event!



This event is free and open to the public!  
About thirty wellness resources and organizations  
throughout the Commonwealth that aim to help First  
Responders will in be attendance such as:


- Badge 2 Bone Podcast
  - Aegis Bjj
  - Lighthouse Health & Wellness
  - Veterans Project Yoga
  - Reboot First Responders
  - Warrior Heart Project
  - U2B Outdoors
- AND MANY MORE





## JOIN OUR EVENT

SEPTEMBER 23, 2023

 10 am - 3 pm

 5.11 Tactical  
11120 W Broad St,  
Glen Allen, VA 23060

## For More Information:

-  [vale\\_foundation2020](https://www.instagram.com/vale_foundation2020)
-  [valefoundation2020@gmail.com](mailto:valefoundation2020@gmail.com)
-  [Virginia Law Enforcement Foundation](https://www.linkedin.com/company/virginia-law-enforcement-foundation)
-  [Facebook.com/VALEFoundation](https://www.facebook.com/VALEFoundation)

This event is  
sponsored by 5.11 ,  
Torchy's Tacos and  
U2B Outdoors

