

# RUCK 22 MARCH

Supporting Veteran Health & Wellness



 **Royal Oak**

# MORE THAN A MARCH

This is not just awareness. This is action.



The Ruck 22 March was created to support veterans facing physical and mental health challenges after service.

Participants walk carrying weighted packs to symbolize the burdens many veterans carry every day and to stand beside them.

t

# REAL IMPACT

Measured. Meaningful. Ongoing.

- Held annually since 2017
- Thousands of dollars raised for the John D. Dingell VA Medical Center
- 9 trailers of food collected for Vietnam Veterans of America Chapter 154
- Engages residents of all ages



# IT WORKS

Simple idea. Powerful results.



- A model any community can follow
- Supports veteran health, food security, and connection
- Transforms a walk into a powerful shared experience
- Low cost, volunteer-driven, easy to organize anywhere



# WE NEVER FORGET



The City of Royal Oak Veterans Events Committee is committed to doing more than hosting parades. We honor those who served, care for those in need, and support veterans long after the ceremony ends.