

Auxiliary Unit 311 has been working to support our Veterans from Atco since 1945! Over those years we have established a special relationship with Veterans Haven South. A portion of the money raised in our Walk-A-Thon will go to Veterans needs at this location.

We have also started working with The Catch A Lift Fund. Since their founding in 2010, the Catch A Lift fund has helped thousands of post 9/11 combat wounded Veterans regain their mental and physical health through gym memberships, in home equipment, personalized fitness and nutrition programs and peer support networking. Catch A Lift vets are seeing and feeling results including dramatic weight loss, reduction in medications, improved sleep patterns, and strengthened relationships with family and friends, thanks to their healthier lifestyle. Veteran testimonials attest that CAL has "saved their lives"; the greatest impact of all. Our goal is to also sponsor two Veterans in the program on the New Jersey waiting list.

More information can be found on these great programs at <https://catchaliftfund.org> and <https://www.nj.gov/military/veterans/services/vetshavensouth>



#### OUR MISSION:

We are raising funds to support our Veterans Assistance missions now & throughout the upcoming year with:

Catch-A-Lift Program Sponsorship

Veterans Haven South

American Legion Family General Funds

ALL FUNDS RAISED WILL BE USED TO HELP VETERANS, ACTIVE MILITARY & THEIR FAMILIES, AND ALLOW OUR POST TO CONTINUE TO HELP THEM.



*Sponsored by:*

**American Legion Auxiliary**

**Unit 311**

# 6<sup>th</sup> Annual WALK – A – THON FUNDRAISER



Saturday

November 7<sup>th</sup>

Atco American  
Legion Post 311

2225 Atco Ave. Atco NJ 08004

Walk at different location

This is a short route designed for all age groups to be able to participate! See route info inside.

