

# LET US LIGHTEN YOUR LOAD



SAPR Awareness Ruck & Donation Drive

Supporting Survivors

Building Community

Raising Awareness

15 May 26

0700-1000

ACC Fitness Trail

JBLE- LANGLEY



Join SAPR and Community Action Team for a Ruck to show Support for Survivors

Participants are encouraged to fill their Rucks with Donations, Food and Hygiene Items



## Suggested Donations

- Canned goods
- Nonperishable food items
- Hygiene items
- Deodorant
- Soap
- Toothbrush
- Toothpaste



OPEN TO 633 AIR BASE WING  
RUCK.SUPPORT.DONATE  
TOGETHER WE CAN LIGHTEN THE LOAD.

To Register: <https://www.signupgenius.com/go/10C0C4AA5A72FA6F9C07-62491569-lighten>

For Questions contact your SAPR Team: 757-764-3359

