

BVN

BALANCED VETERANS NETWORK

SEPTEMBER 2023

***BVN Member Exclusive* An update from our Donor Relations Coordinator - [CLICK HERE](#)**

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UPDATES



Movement - Our team was honored to attend and benefit from both the [Vantage Builders ForeCharity Golf Classic](#) and the [Cannabis Advisory Group's Classic Golf Outing and Luncheon](#). Spending time outside, with some low impact movement,

alongside members of the Massachusetts and New Jersey communities who care deeply about veteran issues was an honor!

BVN's Movement Pillar lead, Mark, recently graduated from the University of Health & Performance as an Honor Graduate and a Certified Personal Trainer. Join us in celebrating Mark and his accomplishments.

Mental Wellness - [True Life Harmony](#) has partnered with BVN to provide NO COST hypnotherapy sessions to BVN members. We've posted an educational series for members to learn more on our learn dash courses in our community.

Project Triangle - BVN & [Boomer Shroomer](#) have partnered to bring wellness kits to BVN members as well as provide targeted, simple education on horticultural benefits to mental health and wellness.

Operation 1620 - [Weedgets](#) is offering the entire BVN readership \$20 off of their revolutionary Maze-X pipe. Just enter code "BVNVET" at checkout for \$20 off any purchase over \$99 and receive free shipping. The Maze-X pipe helps to create a smoother, cleaner and safer smoke, the Maze-X stands out with its patented triple filtration design that results in a smooth, cough-less experience.

September's Bowlside Chat by our Op1620 Pillar Lead and Grown Mentorship Program Manager, CJ, includes his honest review of the Maze-X Pipe, in addition to his usual horticultural wisdom.

"Plant the Seed" - CJ Cowgill

The logo for BVN Bowlside Chats features the letters 'BVN' in a large, bold, brown font with a repeating circular pattern. Below it, the words 'BOWLSIDE CHATS' are written in a smaller, bold, olive-green font.

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EVENTS

Arizona Cannafriends - Tuscon
October 19, 2023
5:30 PM
Historic Bates Mansion, Tuscon

Come meet our Executive Director, purchase discounted Op1620 swag, and learn more about our organization // visit AZCannafriends.com for more information

Flex for Vets Disc Golf
Tournament
November 11th, 2023
9:00 AM - 3:00 PM CST
Anna Page Park, Rockford, IL

C-Tier PDGA Sanctioned Singles tournament with 100% of proceeds benefiting veterans! Come out and enjoy some movement and community on Veterans Day! // Register [HERE](#)

MJ BizCon Associations Day
November 26, 2023
2:00 - 5:00 PM PST
Las Vegas Convention Center

Associations Day brings together non-profits and associations driving the industry forward. Meet and network with top industry executives and learn more about how you can get involved with BVN's important work. // [MJBizCon Association Day Details](#)

Army 10-Miler
October 8th, 2023
Pentagon, Washington, D.C.

Three BVN members have been training since January to compete in this year's Army 10-Miler as a team. // [Sponsorship opportunities are available](#)

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WELLNESS

We are beyond proud to announce that **Cannakula** has adopted BVN as their social impact partner. We couldn't be more honored to amplify the message of the impact of partnering plant medicine with integrative therapies such as yoga, mindfulness, and breathing exercises to achieve maximum healing benefits.

Our Wellness Wednesday offering has grown to include a First Wednesday mindfulness practice with our friend, Ben King of Armor Down. See Below for details and subscribe to the [BVN Google Event Calendar](#) to stay up to date on our latest happenings.

Mindfulness Meditation

1st Wed. of every month 7:00AM EST

Offered by Armor Down- via [Zoom](#)

Instructor: Ben King

Guided Meditation

2nd Wed of every month

Available on our Mental Wellness
Community Group

Instructor: Chris Luard

Intro to Hypnotherapy

Available on our Mental Wellness
Community Group

Instructor: Helen with True Life Harmony

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Current medical research has proven that non traditional therapies can help treat mental health issues such as PTSD, anxiety, depression, and chronic pain. These issues are prevalent in the veteran community, which has currently been struggling to find a viable long-term solution. **Balanced Veterans Network** wholeheartedly believes that medication alone is not the answer, but a healthy community, conversation, and holistic healing practices are vital to living a meaningful, balanced life. With your support, we can expand our reach, continue our critical and life-saving programs, and reach more veterans in need. Together, we can create a world where veterans receive the care, understanding, and support they truly deserve. Your generosity will make a lasting impact on the lives of those who have sacrificed so much for our nation.

~ EVERY DOLLAR COUNTS ~

~ SPREADING THE WORD IS MEANINGFUL ~

~YOUR IMPACT IS SIGNIFICANT ~

[Here's how YOU can TAKE ACTION and help](#)

1. **[**Make a Donation:**](#)** [Your tax-deductible donation](#) will directly support our programs and initiatives. Every dollar counts in the fight against veteran isolation and suicide and BVN's badge of transparency awarded by Great Nonprofits proves that we steward your money well.
2. **[**Spread the Word:**](#)** Share our mission with your friends, family, and colleagues. Increased awareness means a greater impact and more lives saved. Hit that "SHARE" button on BVN posts across socials that resonate with you. SHARE this email with your entire email list (we're giving you permission to SPAM), share with with your boss, your preacher, your neighbor, and your favorite dispensary.

3. ****Volunteer:**** Your time and expertise can make a significant difference. We welcome dedicated individuals who are passionate about supporting our veterans.

4. ****Fundraise.**** Host a social media fundraiser for BVN! It's incredibly easy and great way to support our community. [Click this link to learn more.](#)

5. ****Sponsor a Veteran Wellness Lounge in your community.**** BVN offers an award winning wellness lounge. Our lounge provides a safe space for veterans and their families to retreat from busy and oftentimes overwhelming and triggering events. Nutritious snacks and drinks are offered along with wellness classes, comfortable seating, and more. If you're interested in sponsoring a lounge with your company's logo at a high traffic event in your local community, reach out to our [Executive Director, Jen Baxter.](#)

Download the Balanced Veterans App in the Apple and Google Play Stores



CONNECT

GET THE APP

JOIN THE COMMUNITY



MENTAL WELLNESS



OPERATION 1620



MOVEMENT



TRIANGLE

SUBSCRIBE FOR UPDATES



**+ ACCESS TO BVN WELLNESS
CLASS REPLAYS**

MJBizCon

Nov 28 - Dec 1 | **LAS VEGAS**

DARE TO GROW

CANNABIS • CULTURE
COMMUNITY • CONNECTIONS

**LAST CALL
SAVE \$200
ENDS 9/28**

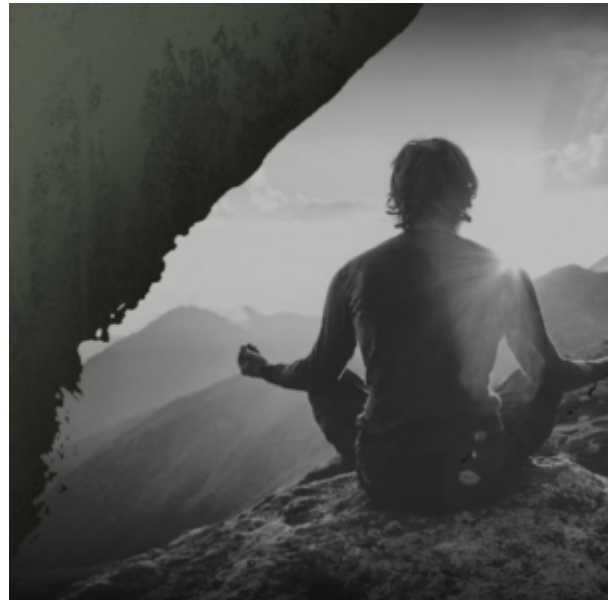
Buy Tickets Now

**SAVE 10%
Promo Code
23BVN10**

RESOURCES



**Getting to Know BVN:
Learndash Course**



**Meditation 101: Promoting
Wellbeing and Resilience**

We connect veterans and their families to

LIFE- SAVING ALTERNATIVE THERAPIES.



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