VFW NATIONAL HOME

WHERE VETERANS AND FAMILIES BUILD NEW BEGINNINGS

BUILDING STRENGTH. RESTORING HOPE.

A STRONGER MIND. A STRONGER BODY. A STRONGER FUTURE.

The VFW National Home is creating more than a gym. We are creating a place where Veterans and their families can rebuild physical strength, improve mental wellness, reduce stress, and heal together. Serving nearly 200 residents each year, this fitness center will become a cornerstone of holistic wellness for those who have sacrificed so much for our nation.

OPENING TARGET: EARLY 2028



WHY THIS MATTERS

For our Veterans and their families, mental health is deeply connected to physical health. A dedicated fitness facility will:

Improve mental well-being and reduce stress, anxiety, and symptoms of PTSD.

Promote physical health, strength, and longevity for residents of all ages.

Foster camaraderie, accountability, and a sense of community.

Empower Veterans and families to build healthier habits for a stronger future.

PROJECT OVERVIEW

We will renovate and equip this space with commercial-grade fitness equipment, creating a welcoming, safe, and effective environment for all fitness levels.

CAMPAIGN GOAL

$150,000

Every contribution brings us closer to building a stronger future for our Veterans and their families.

HOW YOU CAN HELP

- Make a financial donation
- Sponsor equipment or a specific area
- Become a corporate or organizational partner
- Help spread the word

YOUR SUPPORT BUILDS MORE THAN A GYM IT BUILDS HOPE, HEALING AND OPPORTUNITY.

SPONSORSHIP OPPORTUNITIES

Leave a lasting legacy by sponsoring a key part of the new fitness center.

STRENGTH TRAINING AREA
Build strength. Build confidence.

CARDIO AREA
Fuel endurance. Improve health.

FUNCTIONAL TRAINING ZONE
Train for life. Every day.

GROUP FITNESS STUDIO
Wellness together. Stronger together.

ACCESSIBILITY & INCLUSIVITY
Fitness for all. No one left behind.

DONOR RECOGNITION WALL
Your name. Their future.

SCAN TO DONATE OR LEARN MORE ABOUT THIS PROJECT!

TOGETHER, WE CAN BUILD STRENGTH THAT LASTS A LIFETIME.

VFW NATIONAL HOME

800-424-8360

vfwnationalhome.org

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Your gift will support the Gym project. If the project cannot be completed as planned, or is overfunded, your donation will be used for similar needs that have the greatest impact on our families.