



VETERAN OUTREACH PROGRAM



10 August 2024

Holderness School
233 Chapel Lane,
Holderness, NH 03245

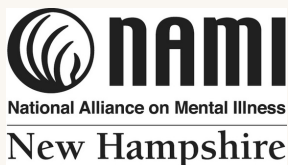
The Highs & Lows Tour is a single day cycling event with four distances through the mountains and valleys of New Hampshire. We ride to raise awareness of mental illness and suicide prevention and to reduce the stigma associated with mental illness. All proceeds from the Highs & Lows Tour benefit NAMI New Hampshire (national alliance on mental illness).

Participate in different ways to connect:

- Sponsor a Vet
- Participate as cyclists
- Volunteer at the event
- Identify Resources for Vets in Crisis
- Fundraise for NAMI NH

For More Information Contact:

- Justin Fisk (757) 739-4445
- Matt Drechsel (603) 339-9793



NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education, and advocacy for people affected by mental illness and suicide.

highsandlowstour.com