

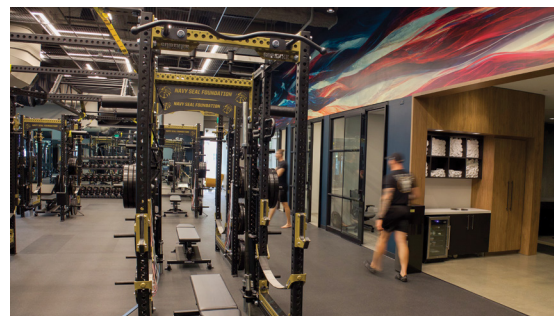


PROGRAMMATIC UPDATES

HEALTH

WEST COAST WARRIOR FITNESS PROGRAM FACILITY GRAND OPENING

On Wednesday, November 8, we celebrated the grand opening of our West Coast Warrior Fitness Program facility! Over 200 supporters, including NSW leadership, service members, spouses, veterans, and Gold Star and Surviving Families, joined us in celebration. Guests enjoyed the opportunity to tour the gym and 4th-floor spaces and interact with the Virginia High Performance and NSF teams. Since that day, we've witnessed a significant spike in interest in the program from the SEAL community, and we are excited to expand our ability to meet their needs via this new center. Thanks to everyone who has made it a reality!



"Thank you for this opportunity! I am shocked at the dramatic level of positive change that I achieved in a single month. I am convinced that NSF's Warrior Fitness Program should become the standard for both a career midpoint reset and a separation/retirement reset, regardless of whether an individual thinks they "need" it. This program is unique in its ability to pinpoint and address many chronic ailments common throughout NSW. More importantly, I am leaving with the tools necessary to reap long-term benefits realistically."

— Active-Duty SWCC



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RESILIENCE

GSSF SIBLING WELLNESS WEEKEND



NSF was honored to host 170 Gold Star and surviving siblings at this year's Sibling Wellness Weekend in Girdwood, Alaska. Events like this foster a sense of community and belonging among individuals facing shared adversities via specialized training and connection. This year, attendees participated in a fun and exciting confidence and team-building adventure hosted by Krell Adventures LLC. Participants also learned about stress management through the Stress Master Keys Lab with facilitator Rob Wilson. We are so proud of everyone who attended, and we appreciate the opportunity to share these powerful tools for building resilience with those in need.

"Such a well-done event. Time to be with siblings apart from kids was so meaningful. Connecting with others with similar experiences is also nice and helps one feel supported. The fun, food, and activities were epic. The Sibling Wellness Weekend is such a generous gift to each of us. Thank you!"

— GSSF Member



COMMUNITY

PRINCESS AND HER FROG

NSF hosted our annual Princess and Her Frog events in San Diego, Virginia Beach, and Stennis, Mississippi. Inspired by Disney's film *Brave*, each location's enchanting decor, food, and activities transported over 1,600 NSW service members and their daughters to the Scottish Highlands. Many dads went "all in" and embraced this year's theme, arriving dressed in kilts!

The evening began with a surprise welcome from Princess Merida, setting the tone for an unforgettable night. Dads received specially designed NSF challenge coins as a keepsake, and daughters were delighted to choose a sparkly princess tiara to keep. From the Scottish-themed dinner to the activities and crafts, the NSF Programs Team thought of every detail and created a perfect backdrop for bonding and creating memories to last a lifetime.



"Our two girls had the most magical evening with their dad. We are so grateful! The girls could not stop telling me about it, and when we live such a stressful life because of my husband's service, moments and nights like these mean so much to our entire family. Thank you!"

— NSW Spouse





MIDWEST EVENING OF TRIBUTE

We held our 12th Annual Midwest Evening of Tribute at the Navy Pier in Chicago on September 13, 2023, honoring Navy veteran and Executive Chairman of Walgreen Boots Alliance James A. Skinner with the NSF Patriot Award. Katie and Brent Gledhill hosted the evening. It included a keynote address from Susan Kilrain, a retired NASA astronaut, former fighter pilot, and best-selling author, introduced by her husband and NSF Board Advisor, retired SEAL Vice Admiral Colin Kilrain. SEAL spouse Christina Hall also shared moving testimony about life as an NSW spouse and why NSF's support is critical for families. Next year's event will be on September 11.



NEW ENGLAND EVENING OF TRIBUTE

This year's New England Benefit on October 12 featured an incredible group of speakers, with keynote remarks by special guest Admiral Michael G. Mullen, 17th Chairman of the Joint Chiefs of Staff. Red Sox Chairman Tom Werner accepted the NSF Patriot Award, and the Boston Police Gaelic Column of Pipe and Drums performed and received this year's Fire in the Gut Award. Guests listened intently as Gold Star Spouse Megan Ernst shared her story and the experience of losing her husband, Navy SEAL Michael Ernst, who died in a training accident in February of this year. The event raised \$1.4 million in support of our programs.



[CLICK HERE FOR A FULL LIST OF UPCOMING EVENTS →](#)



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