What: By paddling the entire length of the Mississippi River (2,300+ miles), Veteran Adventures Coordinator Greg Nejmanowski is on a mission to raise awareness of the problem of veteran suicide, to and enlist support for SIU Touch of Nature’s Veteran Adventures program.

Veteran Adventures helps military veterans transition to life at home through powerful wilderness expeditions that draw on the healing benefits of adventure and outdoor challenges.

When: May 24 through August, 2019
Where: Start: Lake Itasca State Park, MN
Finish: The Gulf of Mexico

Why: Long-distance outdoor expeditions are life-changing and transformational. Our military veteran-focused expeditions help these individuals re-find their purpose in life, increase their social functioning skills, and decrease anxiety and other Post Traumatic Stress Disorder (PTSD) symptoms.

For more information, and how to support:

Online: veteranadventures.siu.edu
Mail:
Touch of Nature
Veteran Adventures
1206 Touch of Nature Rd.
Makanda, IL 62958