

Media Contacts:

Todd Steffan
Las Positas College Veterans & Engineering Technology Supervisor
TSteffan@laspositascollege.edu
(925) 424-1571

**Registration is Open for the 3rd Annual (Virtual) Veteran's Day
Event: 2.2 Walk for 22 Vets Virtual Challenge Hosted by Las Positas
College**

(Livermore, CA) - The Las Positas College Veterans First Program and Pleasanton Military Families are proud to host the 3rd annual 2.2 For 22 Walk for Vets Virtual Challenge held October 21st to November 11th.

The 2.2 for 22 Walk for Vets Challenge is designed to raise awareness for the 22 veterans who lose their lives to suicide daily. The goal of the event is to help inform others about this important issue, and to give those who have experienced the loss of a fellow veteran an opportunity to share their story. Join us in remembering those we lost to suicide and to unite as a community to remind others they are not alone. Sign up is available as an individual participant or as part of a team, or you can show your support by making a donation to sponsor one or many student veterans. To register, visit: runsignup.com/Race/CA/Livermore/22for22WalkforVets.

Funds raised will support mental health services and support for Las Positas College student Veterans and services provided by the Pleasanton Military Families organization. This year due to COVID-19, we have converted the on campus event to a virtual event, ending on Veterans Day. The format of the 2.2 For 22 Walk for Vets is divided in various virtual challenges with no particular location requirement. The challenges are focused around completing a physical act for the purpose of honoring veterans and their realities, or on connection and practicing mindfulness as a way to foster community and improve mental health in our society.

The Las Positas College Veterans First Program provides veterans with services and resources to help them achieve their educational goals. This past academic year, more than 500 veterans, active duty military personnel, reservists/guard, and Veterans family members were enrolled at the college. Support services of the LPC Veteran First Program include a full-time support team, priority registration, Veterans scholarships, a text book loan program, work-study program, relief fund for Veterans, an active Student Veterans Organization, virtual Veterans Resource Center, and many other services and programs for all those who served, are currently serving, and military family members. For more information, visit: laspositascollege.edu/veterans.

Pleasanton Military Families is a Tri-Valley support group for those who have a loved one serving in the Military. There is no better support than being surrounded by others who know what you are going through, to share concerns, fears, and to celebrate your joys. For more information, please visit: www.pleasantonmilitaryfamilies.org/

We appreciate your support!



Over a 22 day period, participants will engage in 22 different physical, mental and emotional challenges in an effort to bring awareness to the daily suicide rate of 22 veterans and to promote positive mental health.

2020



**2.2 WALK FOR 22 VETS
VIRTUAL CHALLENGE**

OCT 21 - NOV 11

**REGISTER BEFORE OCTOBER 20 TO RECEIVE
2.2 WALK FOR VETS T-SHIRT AND A
COMMEMORATIVE MEDAL**

[HTTPS://RUNSIGNUP.COM/RACE/CA/LIVERMORE/22FOR22WALKFORVETS](https://runsignup.com/Race/CA/Livermore/22for22WalkforVets)

#CHALLENGE22FORVETS



About Las Positas College

Las Positas College currently enrolls 9,300 students and offers curriculum for students seeking transfer to a four-year college or university, career preparation, or basic skills education. The College provides university transfer classes, retraining classes for those in need of employment or career advancement, a first-time educational opportunity for many adults, enrichment classes for those seeking a broader perspective, and career and technical training for those entering the technical and paraprofessional workforce.