

Milwaukee VA Medical Center: May 4 Ruck March stresses mental, spiritual resilience

Posted on Monday, Apr 24, 2023

>> **WisPolitics is now on the State Affairs network. Get custom keyword notifications, bill tracking and all WisPolitics content. [Get the app or access via desktop.](#)**

MILWAUKEE — Veterans, their families, caregivers, VA staff and the general public are invited to take part in the [Spiritual and Mental Resiliency Ruck March](#).

The event will be 9-11 a.m. May 4 on the Milwaukee VA campus, 5000 W. National Ave. It will start and end at the Lake Wheeler pavilion, located just north of the Clement J. Zablocki VA Medical Center.

During the event, participants will take a backpack (provided) and walk a 2-mile prescribed route — at their own pace — through the VA campus. On the first mile, at each of five resiliency points, they will place a stone in their pack, representing things that limit our resilience.

On the second mile as they return to those same resiliency points, they will trade the stone for a resource that promotes healthy resilience skills.

At the conclusion of the walk, there will be groups from VA and VA partners available to provide additional resiliency resources to participants.

“The Spiritual and Mental Health Resiliency Ruck march is aimed at educating, promoting and enhancing overall resiliency through connecting Veterans, families

and staff with the valuable resources and resource partners that assist in healthy functioning,” said Milwaukee VA Chaplain Joe Sherwin, who is leading the event.

“Through this collaborative effort, the Spiritual and Mental Health Resiliency Ruck March is designed to harness the combined resources of the VA and its partners to empower resiliency efforts, assisting in a healthier lifestyle for our Veterans, their families and the staff.”

Backpacks with drawstrings will be provided, to be returned at the end of the walk. Water, fruit and granola bars also will be provided.

For more information or to register, contact Chaplain Joe Sherwin at 414-384-2000, ext. 42156, or joseph.sherwin@va.gov, or Diana Manley at 414-384-2000, ext. 42160. Participants can also register the day of the event at the Lake Wheeler pavilion.