THE HEALTHY VETERAN INITIATIVE

VFW Ole Beck Post 209 • Missoula, Montana

A New Home and a New Mission at 1521 Cooper Street

Post 209's Veteran Gym & Resource Center

SSG FOX SUICIDE PREVENTION GRANT AWARD

The Department of Veterans Affairs has selected VFW Ole Beck Post 209 for a **$688,608 Staff Sergeant Parker Gordon Fox Suicide Prevention Grant** to launch the Veterans of Foreign Wars - Healthy Veteran Initiative (VFW-HVI).

THE MISSION

VFW Ole Beck Post 209 is completing the most significant transformation in its 105-year history. We are relocating to 1521 Cooper Street and converting from a traditional VFW bar-and-gaming operation into a family-friendly Veteran Gym & Resource Center. The gym is where Veterans build strength, routine, and connection with each other. The resource center is where they find a direct path to resources, benefits, and support. Together, they create a healthy culture that Veterans and our families can build their lives around, with health, resilience, purpose, and each other under one roof, open to every Veteran.

THE WHY

Missoula County is home to nearly 10,000 Veterans, and Missoula is the service hub for western Montana, drawing Veterans from Ravalli, Mineral, Sanders, Lake, Granite, and Powell Counties, as well as our Tribal Veterans from the Mission Valley. Too few Veteran-centered spaces exist where connection happens naturally, outside a bar or clinical setting. VFW-HVI is built to reach Veterans who are at risk and may not yet be connected to VA care, including our rural, Tribal, student, and recently separated Veterans.

THE VETERAN GYM

Four Pillars at the Core of the VFW-Healthy Veteran Initiative

- **Strength and Conditioning Coaching.** CrossFit, functional training, longevity-focused movement, and all-abilities classes
- **Nutrition and Lifestyle Coaching.** Individual and group nutrition and lifestyle coaching—building healthy habits and culture
- **Inner Strength.** Trauma-informed yoga, Qi-Gong, mindfulness, meditation, and more led by Red Willow Learning Center
- **Outdoor Adventure.** Veteran-led backcountry hiking, camping, and rafting trips led by the Montana Vet Program

THE VETERAN RESOURCE CENTER

Veteran-Led Resources and Services—Connecting Veterans to Care and Community

- **Outreach and Screening.** Peer-driven outreach across western Montana, with VA-required suicide risk screening at intake
- **Peer Support and Safety Planning.** One-on-one support from certified peer support specialists and trained responders
- **Clinical Connection.** Warm handoffs to the full spectrum of clinical care through the Missoula Vet Center and VA Montana
- **Benefits and Resource Navigation.** Claims support, emergency financial assistance, and referrals for housing, legal, education, and employment

$688K	375	105 yrs	10,000+
SSG Fox Grant Award	Veterans Served in Year One	Serving Missoula Veterans	Veterans in Our Service Area

SUPPORT THE MISSION

We are scheduled for a soft launch in mid-December, followed by a grand opening in mid-January with our full service menu and staffing in place. We are building relationships alongside the VFW-HVI program itself, and if your organization works with Veterans, families, or the Missoula community, we welcome the conversation about referral partnerships, co-programming, volunteer support, fundraising, or simply staying in the loop as we approach launch.

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