

Our Mission:

The mission of the LIFE Program Alumni Association is to change the world through experiential education. We do this by providing charitable educational opportunities and support for the LIFE Program.

Our Vision:

Moving from making memories to leaving a legacy of Lifelong Instruction and Focus on Exploration.



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The LIFE Program Alumni Newsletter

Welcome to the Fifth Issue of our Quarterly Alumni Newsletter!



Doc's Words of Wisdom:

Where you at? What are you doing? Is there something you should be working on right now? YOU KNOW there is. So lose those COVID-blues and get after it. And plan on seeing me next summer in Colorado for our 20th Anniversary. We are attempting to summit a 14er, so start working out. Like right now.

Support the High Schoolers: It's HIKEATHON Time!!!

It's time again for our annual HIKEATHON! The HikeATHon (as most of you know) is our only fundraiser for the high schoolers. All money donated will go towards materials and our events, including our annual leadership retreat (in March) and our summer trip (in June/July).

Check out this video from some of the LIFE kids:
https://drive.google.com/file/d/1aaz4GgYF8nOqitx2TVEOgh3X7AMe3MNs/view?usp=drive_web

Please donate in one of the following ways:

1 - Send cash or checks made out the "LIFE Program Alumni Association" to our physical address at:

The LIFE Program Alumni Association
6440 Sky Pointe Drive, Suite 140-258
Las Vegas, NV 89131

OR

2 - donate online at

<https://thelifeprogram.net/index.php/donate/>.

Wake Up, You MUUELLES!

July 2022 - 20th Anniversary Celebration!

In celebration of our 20 years (do you believe it?!?!), we are creating a LIFE Program Yearbook. This is also a fundraiser to help out the high schoolers. Order yours today. They are \$60, and you have to pay for them by March 1.

Register for the Reunion and order your yearbook TODAY using this form:

<https://forms.gle/rCPVFC3wwXjFi6He9>

START PLANNING FOR SUMMER!

Summer 2022:

Get psyched! Our 20th Anniversary celebration is coming up July 14-17 in Buena Vista, Colorado! We will be hanging out, hiking, playing a game of ultimate or two, and, of course, sitting in some hot springs! Please consider being a part of this historic, once in a LIFETIME event. Your significant others and families are most welcome!

Register for the Reunion and order your yearbook TODAY!

<https://forms.gle/rCPVFC3wwXjFi6He9>

Getting fit with Doc's Workout Plan!

Start working out today - Check out Doc's detailed workout plan, which he made JUST FOR YOU!

https://drive.google.com/file/d/1y2ndRifSUPCtEvsSr7V_is9MkCz1YLa/view?usp=sharing

LIFE Aloha Challenge

Preparing for the reunion involves three workout phases (see document above). Phase One will end with the Aloha Challenge on President's Day - Monday, February 21, 2022.

Register for the 2022 Aloha Challenge here:

<https://forms.gle/zuCBFG4S3zZZRMuZ9>

District Updates

Hawai'i



Aloha Hawai'i LIFErs!

I hope you all had a relaxing and joyous holiday season! It is now time to look forward to all the upcoming events in the new year. I hope you all have accepted the Aloha Challenge and have been working out. Get excited for and register to attend the LIFE Program 20th Anniversary celebration coming this summer! And don't forget to order your own copy of the LIFE program yearbook!

Aloha,
Rhenz

Nevada

Do you remember your LIFE trip? How could you not! Maybe you were lucky enough to get to go on two trips. Help give that life-changing experience to the incoming LIFE members by making a pledge to donate to this year's HIKE-A-THON! Visit <https://thelifeprogram.net/index.php/donate/> for full details on how to contribute.

Before you know it, it'll be nice and warm again in Southern Nevada, so join us for a hike soon. We have a day hike on Saturday, March 12 at Red Rock Escarpment; and Saturday, April 23 at Bristlecone Loop.

Also, don't forget that the Aloha Challenge is live as well! Click on the link below to register now and earn bragging rights! <https://forms.gle/zuCBFG4S3zZZ>

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Salud,
Eric

Ohio



Yo Ohio LIFErs!

I hope you are all taking time to get out and enjoy some fresh air. Winter can be a gloomy time of year, and we all know that getting outside is refreshing physically, emotionally and spiritually. We are closing in on the 20 year reunion so if you haven't locked the dates into your schedule and registered yet, make sure you go do that ASAP. Also, make sure you sign up and donate for the Hike-a-Thon because we know from experience how beneficial this program is going to be for the new LIFErs. Every little bit helps! Until next time, stay active!

Jerome Wray
Youth Program Coordinator