



A monthly commitment to take care of our own.

This job doesn't end when the shift does — and neither does the impact on troopers and their families.

10-4 Trooper Wellness is a \$10-a-month program built to support the mental, emotional, and physical wellness of Virginia State Troopers and their families.

10-4 Trooper Wellness is a simple, steady way to say: we've got you.

If you're able, join us with a monthly gift and help ensure wellness support is there when it's needed most — for those who serve, and the families who stand beside them.

**Join us.
Say 10-4.**



Or visit:
foundation.vspa.org