



WISDOM WARRIOR CHALLENGE NEWSLETTER

Sept | Oct 2024 | Vol 1, Issue 13

INSIDE THIS WEEK'S ISSUE:

- **Meet the Warrior:**
Looking for Warriors to share their Story.
- **Letter to Our Readers:**
A special message from our founder, Linda, as we kick off WWC 2025!
- **Lunch & Learn with SUNMED**
Your CBD Store: Join Jenna for an educational session on wellness and CBD benefits.
- **Get Involved:** Help us make WWC 2025 our best year yet by signing up as a sponsor, sharing your story as a Warrior, or donating.



Dear *{{First Name}}* ,

No tricks, just treats! We're thrilled to announce that WWC 2025 has officially kicked off! We hope 2024 brought you joy and unforgettable memories, and we're carrying that momentum into a powerful new year.

With November's Giving Tuesday on the way, we'll focus on raising donations to support our incredible Warriors for the 2025 events. Every contribution counts in making these experiences possible!

We're also looking for Warriors to share their stories! If you'd like to be featured in our newsletter, email Tina@wisdomwarriorchallenge.org to learn more.

Stay tuned for updates, including our Sponsor Showcase, where you'll get to connect with the sponsors who make it all happen.

With gratitude,

Linda Borgmeyer OTR/L, MSK

Founder, Wisdom Warrior Challenge

lunch and learn

"I loved the lunch and learn. Jazmin represented Sunmed | Your CBD Store so well. I appreciated the free samples and was able to get all of my questions answered. Very much enjoyed her presentation."

—ASHLEY THOMPSON,

Sunmed | Your CBD Store Cortez Customer

Proud
Sponsor



contact
Jamma Cortese
561-812-2804



what is a lunch and learn?

A lunch and learn is an event hosted by our team, where we provide lunch, education, and free samples to a nearby business or community who is interested in hearing about the CBD lifestyle. We want the participants to enjoy an intimate and personalized experience where they will feel comfortable stating their needs and asking questions.

what is the goal?

The goal is to raise awareness on the wellness benefits of hemp products, letting the participants know that Sunmed | Your CBD Store represents people helping people, as a trusted friend and wellness expert. We want this to be a personal experience, leaving the attendees feeling educated, interested, and empowered.



2025



**WISDOM WARRIOR
CHALLENGE®**

BE A PART OF SOMETHING EXTRAORDINARY!

Join the movement and help us
continue promoting healthy aging
and community connection.

Sign up today to become a sponsor or
host a WWC event in your community!

[WISDOMWARRIORCHALLENGE.ORG](https://www.wisdomwarriorchallenge.org)

SPONSORED
BY





We're also thrilled to introduce **Mike Marion**, our new Race Manager. Mike brings extensive experience managing large-scale races, including the New York Marathon and many others. He and his wife own Atlantic Coasting Time Systems, and we're confident his expertise will take our race events to the next level. Mike will be your go-to contact for everything from setting up tracks and registration to timing—he's excited to work with you one-on-one!

Watch Highlights from Interview with New Race Manager **Mike Marion**:

[Interview with Mike](#)

OPEN DONATION

*Together we can
Empower Senior Adults!*



**DONATE
NOW**

Your contributions empower senior adults to lead active, fulfilling lives through the Wisdom Warrior Challenge. Join us in making 2025 a year of great success!

Why Donate?

- **100% Tax-Deductible:** Wisdom Warrior Challenge, Inc is a registered 501(c)(3) not-for-profit organization #86-3347998. By IRS regulations, no goods or services were received in exchange for this donation; therefore, 100% of your donation is tax-deductible to the fullest extent allowed by law.
- **Receipt Provided:** We will send a receipt for each cash donation made to the charity.

How to Donate

www.WisdomWarriorChallenge.com

Mail checks payable to: Wisdom Warrior Challenge
1939 Circle Dr. North Palm Beach, FL 33408

For any questions, please email us at: WisdomWarriorChallenge@gmail.com
or Call: +1.561.202.7650

We Need Warriors!

Your story can inspire others to take control of their health and join the movement. Share your journey with our community and make a real impact.

Reach out for details on how to get featured in our Newsletter!



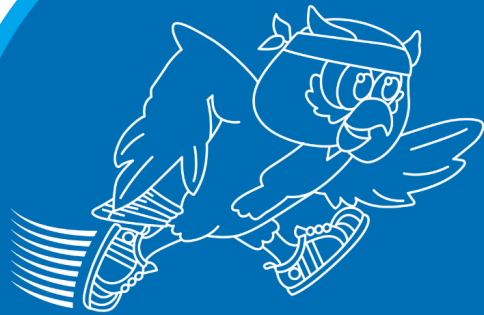
Call or Text Us
561-202-7650



More Information
www.WisdomWarriorChallenge.org



Email
Tina@WisdomWarriorChallenge.org



WARRIOR CHALLENGE

COOL-DOWN EXERCISES

Arm and Shoulder Stretches

1. Stand tall with your feet shoulder-width apart.
2. Extend your right arm straight out in front of you, parallel to the ground.
3. Use your left hand to gently pull your right fingers back towards you, feeling a stretch in your forearm and the back of your hand. Hold for 10-15 seconds.
4. Release the stretch and repeat on the left side.
5. Next, extend both arms out in front at shoulder height.
6. Slowly hook your right arm with your left arm and pull the right across your chest for a gentle shoulder stretch hold for 10 seconds and repeat on the other side.





Warm regards,

Linda Borgmeyer

CEO/Founder

Direct line: (561) 202-7650

Linda@WisdomWarriorChallenge.org



**WISDOM WARRIOR
CHALLENGE®**

P.S. We'd love for you to share our **Wisdom Warrior Challenge newsletter** with your friends and family members.

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}
{{Organization Website}}



Thank you to all the sponsors that make this event possible!



You are being sent this email because you are a subscriber.
If you wish to update your Email Preferences or Unsubscribe, click *{{Unsubscribe}}*