



WHO ARE YOU CARRYING?

CARRY THE LOAD is a non-profit that provides active ways to connect Americans to the sacrifices made daily by our nation's military, veterans, first responders and their families.

CONNECTING AMERICANS ON PATRIOT DAY (SEPT. 11)

This Patriot Day join Carry The Load by honoring and remembering the lives of those impacted by the tragic events that took place on September 11, 2001. The service and sacrifice of our nation's first responders, military and their families will always be remembered. Participate virtually in the following ways:

Tune in to "Lessons From The Front"

Check out Carry The Load's "Lessons From The Front" Patriot Day series, featuring stories of heroes whose lives were forever changed by 9/11. Watch Carry The Load's Facebook Live on the dates/times shown below (recordings also available on Facebook).

- ★ July 14 (5 PM CT) – Andrew DeLeon, Veteran Marine, Dallas Fire & Rescue, Air Force Reserve
- ★ July 28 (5 PM CT) – Cody Bandars, Veteran U.S. Navy SEAL
- ★ August 11 (5 PM CT) – Danny Pummill, U.S. Army Col. (RET)
- ★ August 25 (5 PM CT) – Jo Jo Esposito, FDNY Rescue 5
- ★ September 11 (9 AM CT) - Patriot Day feature presentation

Walk in Honor of their Memory

View a list of the 2,977 individuals who were killed from the September 11 attacks at www.carrytheload.org/patriotday. Download a bib, write a name on it and walk in honor of a hero. Share on social media with #CarryTheLoad #PatriotDay.

Educate Our Nation's Youth

Help teach the next generation and inspire patriotism using the many resources available on our Carry The Flag education program page. Go to www.carrytheload.org/education for videos, lessons, worksheets and more.

Book an Ambassador to Speak

Invite a first responder or veteran to speak in-person or virtually at a youth group, company or community event. For more information, email contact@carrytheload.org.

RESOURCES

WEBSITE www.carrytheload.org

SOCIAL MEDIA

Facebook: <https://www.facebook.com/carrytheload>

YouTube: <https://www.youtube.com/whoareyoucarrying>

Twitter: <https://twitter.com/carrytheload>

Instagram: <https://www.instagram.com/carrytheload/>

LinkedIn: <https://www.linkedin.com/company/carry-the-load/>

NEWSROOM <http://news.carrytheload.org/>