

River Deep Foundation Outing Report



Healing Lives One Adventure at a Time

The River Deep Foundation is dedicated to helping military veterans and other individuals who have experienced physical, emotional or psychological trauma—and those who assist them—to heal and re-engage in life through adventure, recreation and a network of support

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Group outings are funded, planned and organized by River Deep with assistance from the SCI Humanitarian Outreach Program (SCI HOP) who handles much of the logistics.



September 14th, 2019

Location: Denver Fencing Center, Denver, CO.

Hosted By: River Deep Alliance and SCI HOP

Participants: Operation TBI Freedom, Ft. Carson WTB

Denver Fencing Center

This past Saturday, we were introduced to Fencing at the premier Fencing center in Colorado, the Denver Fencing Center. We started with the proper foot placement and posture, along with the basics of Fencing. We suited up along with our instructor for the day Chris, and proceeded to fence. We then paired up with another participant from our group. Most kept score and everyone had their game faces on! I don't think everyone is really aware of the workout that goes along with Fencing, but it shows in everyones face when the masks come off. Win or loose, it was a lot of fun and very challenging. A big thanks to the Denver Fencing Center.

Bob Adwar

River Deep Foundation, President
SCI HOP, VP/Humanitarian Chairman



