



Wounded Heroes is a 501(c)(3) non-profit entity that serves Heroes - current and former members of the United States Armed Forces, police, firefighters, paramedics, EMS personnel and healthcare workers. All Heroes have wounds from their service. Some wounds are visible. Some are not. Emotional injuries, mental injuries, brain injuries, are just as tender as the broken bones we can see. We mentor to reintegrate into civilian life. Our mission is to honor, empower, and rebuild emotional wellness through REBOOT Recovery courses, connection adventure trips, and mentoring on top down and bottom up therapies so the Hero can create their own personalized Whole Health Script. "Follow Me" to Recondition the Mind, Rebuild the Body, and Restore the Soul. All team members are non-paid volunteers. 100% of donations go towards REBOOT Recovery courses, connection adventure trips, and mentoring.

### Our "Follow Me" Programs:

**REBOOT Recovery** offers faith-based trauma healing courses designed to help Heroes and their spouse/significant other recover from the spiritual and moral wounds of war, and/or service-related trauma. You won't find shortcuts or easy answers, but instead you'll find solutions that last. The first hour of each week is dedicated to the REBOOT Recovery material. The second hour a guest speaker presents different topics to help guide the participants to develop their own Whole Health Script. Our guest speakers bring knowledge and mentorship in the areas of exercise, diet, faith, substance abuse, chiropractic care, acupuncture, mindfulness, primary care, mental health, resume writing, social media, housing/VA loans, financial planning, tax preparation, and legal advice.

Current course offerings:

**REBOOT Combat Recovery (12 weeks)**

**REBOOT Recovery: Crisis Edition (5 weeks)**

**REBOOT SIX: Military Edition (6 weeks)**

**REBOOT Trauma Recovery (COMING SOON)**

**Getting Past Your Past (6 weeks)**

**Brave Love Relationship Course (8 weeks)**

**Healed: A Faith Based Approach to Healing from Sexual Assault (7 weeks)**

**Caregivers: Overcoming Compassion Fatigue (1 week)**

**How to Help a Suicidal Friend (1 week)**

**Connection Adventure Trips:** Regardless of who we are - our backgrounds, our professions, our religion, race or creed - we are all driven to fulfill primal needs that have been encoded into our nervous systems for centuries. Connection is a primal human need. Humans need to feel connected with someone or something to experience a life of meaning. We achieve connection through activities like hunting trips, fishing trips, group fitness events, and sporting events. Our Heroes will build lasting friendships and feel connected to others who have shared experiences. These events are life-changing and invaluable to those who have served and sacrificed.

**Whole Health Script:** We provide mentorship to help Heroes create a routine that allows them to continue working on their mental wellbeing and physical health. With the ultimate goal to integrate back into an everyday life. We help to create a customized combination of Top Down and Bottom Up Therapies for each Hero.

**Top Down Therapy:** We provide education for Heroes on the different types of mental wellness programs. Some of the mental wellness therapies we suggest are one-on-one talk therapy, group talk therapy, REBOOT Recovery, EMDR, etc. We help Heroes find mental wellness therapies through the VA and local mental wellness health professionals.

**Bottom Up Therapy:** We connect Heroes to physical restorative therapies. Some of the therapies we may suggest are CrossFit, Personal Trainers, Yoga Instructors, Chiropractic Care, Acupuncturists, Occupational Therapists, and/or other functional medicine providers. The focus is the physical health, strength, and wellbeing of the Hero.

INTERNAL REVENUE SERVICE  
P. O. BOX 2508  
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: FEB 27 2020

WOUNDED HEROES  
2804 NW LOIS LANE  
ANKENY, IA 50023-0000

Employer Identification Number:  
84-4252016  
DLN:  
26053436001410  
Contact Person:  
CUSTOMER SERVICE ID# 31954  
Contact Telephone Number:  
(877) 829-5500  
Accounting Period Ending:  
December 31  
Form 990-PF Required:  
Yes  
Effective Date of Exemption:  
January 07, 2020  
Addendum Applies:  
No

Dear Applicant:

We're pleased to tell you we determined you're exempt from federal income tax under Internal Revenue Code (IRC) Section 501(c)(3). Donors can deduct contributions they make to you under IRC Section 170. You're also qualified to receive tax deductible bequests, devises, transfers or gifts under Section 2055, 2106, or 2522. This letter could help resolve questions on your exempt status. Please keep it for your records.

Organizations exempt under IRC Section 501(c)(3) are further classified as either public charities or private foundations. We determined you're a private foundation within the meaning of Section 509(a).

You're required to file Form 990-PF, Return of Private Foundation or Section 4947(a)(1) Trust Treated as Private Foundation, annually, whether or not you have income or activity during the year. If you don't file a required return or notice for three consecutive years, your exempt status will be automatically revoked.

If we indicated at the top of this letter that an addendum applies, the enclosed addendum is an integral part of this letter.

For important information about your responsibilities as a tax-exempt organization, go to [www.irs.gov/charities](http://www.irs.gov/charities). Enter "4221-PF" in the search bar to view Publication 4221-PF, Compliance Guide for 501(c)(3) Private Foundations, which describes your recordkeeping, reporting, and disclosure requirements.

Letter 1076

WOUNDED HEROES

Sincerely;

*Stephen A. Martin*

Director, Exempt Organizations  
Rulings and Agreements