



At the Core of every person, Values are what Matter most.



WHAT IS THE FLYIN RYAN FOUNDATION?

One person, one day, one event, one Core Value, one decision at a time. The Flyin Ryan Hawks Foundation exists to challenge students, athletes and others to independently explore what is important to them, and to take ownership of those ideas by composing a personal set of Core Values to serve as the basis for their daily attitude and decision making. We believe that an internally imposed sense of identity is a vital component of a life that reflects high-quality decisions and a greater sense of well-being.

The Foundation has three programs that promote the Core Values Matter philosophy; The Flyin Ryan Core Values Challenge, The Flyin Ryan Adventure Scholarship Program, and The Flying Ryan Decisions Program.

WHO WAS RYAN HAWKS?

From the age of two, Ryan skied the Green Mountains of Vermont. An avid mountain biker, climber, lacrosse player, and skier; Ryan was a gifted athlete who was passionate about his core values. He was widely known and admired for his kindness and his unerring capacity to treat everyone he met with even-handed warmth that made them feel important. There was no such thing as a problem in Ryan's life; only opportunities for a solution. In 2011 during the Kirkwood, CA Tour stop, Ryan sustained injuries from a fall that claimed his life. Ryan will always be remembered for being a true participant in life who lived every minute.

RYAN'S 14 CORE PRINCIPLES FOR LIVING

- Live every day, all day
- Never stop exploring life
- Never lose my adventuresome attitude
- Be the best friend I can be
- Be the best brother, son, uncle I can be
- Look out for others
- Look out for myself
- Look out for our surroundings
- Play like I'm thirteen
- Be self-sufficient
- Don't be afraid to ask for help
- Work hard
- Live easy
- Live simply





The Flyin Ryan Core Values Challenge



WHAT IS THE FLYIN RYAN CORE VALUES CHALLENGE?

The Flyin Ryan Core Values Challenge is a call to action that encourages people to think about, write down, and act upon their personal set of Core Values. It is an easy way for anyone to actively discover, record and act upon their self-composed values.

THE CORE VALUES AMBASSADOR PROGRAM

People who have completed the Core Values Challenge, and who are excited about sharing the Core Values Matter message can become a Core Values Ambassador. The Core Values Ambassador program expands the footprint of the Flyin Ryan Hawks Foundation by helping people who have composed their Core Values to approach and stimulate their friends and others to undertake the same journey of self-discovery.

COME AND HEAR PETER HAWKS SPEAK ABOUT HIS AMAZING SON WHO INSPIRED MANY PEOPLE BECAUSE OF THE CORE VALUES HE LIVED BY. LEARN HOW TO TAKE THE CORE VALUES CHALLENGE AND BECOME AN AMBASSADOR FOR THE PROGRAM. THIS IS A GREAT EVENING FOR FAMILIES, PARENTS, AND CHILDREN.

Wednesday, May 7, 2025

6:30 PM

**354 Mountain View Drive, Suite 200
Colchester, VT**

**RSVP to Maria Hubscher by May 5th
info@innovative-wellness.org**



**Sponsored by
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Snacks and drinks will be served.

