

## Take the ***Wrestling Takes Down Drugs***<sup>®</sup> Challenge

Join the thousands of wrestlers from NY and NJ who have made the **WTDD** Pledge to avoid addictive drugs...and you will be part of the effort to save lives too!

“I acknowledge that opioids, methamphetamine and related drugs are addictive and dangerous to my body and mind. I pledge to stay clear from any of these addictive drugs while I focus all my attention on becoming the best possible wrestler that I can be through the upcoming wrestling season.”

Help us reach our GOAL of 22,000 **WTDD** Pledges by 2022

It's simple and only takes 1 minute – so you can make the pledge right NOW!

1. Go to [www.wrestlingtakesdowndrugs.org](http://www.wrestlingtakesdowndrugs.org)
2. Make the Pledge that you will avoid addictive drugs
3. Share the message...Save a life!



Contact:

Friends of Long Island Wrestling - email: [friendsoflongislandwrestling@gmail.com](mailto:friendsoflongislandwrestling@gmail.com)

Downstate New York Chapter of National Wrestling Hall of Fame

[www.friendsoflongislandwrestling.com](http://www.friendsoflongislandwrestling.com)