

**Rotary**  
Club of Mount Pleasant  
South Carolina



Rotary Club of Mt Pleasant  
PO Box 723  
Mt Pleasant, SC 29465

Club Website:  
<https://mprotary.org>  
District Website:  
<https://www.rotary777.org>

District Database: [dacdb.com](http://dacdb.com)  
from mobile :  
[m.dacdm.com](http://m.dacdm.com)

**Duties**

**Speakers**

**March 6th Meeting**

**Invocation**  
*Clinton Dunn*

**Pledge**  
*Allen Edwards*

**Visitors & Guest**  
*Charles Anderson*

**Health & Happiness**  
*Jerry George*

**Speaker Intro**  
*Stephen Anderson*

**Response to Speaker**  
*Al Floyd*

**March 13th Meeting**

**Invocation**  
*Herb Gilliam*

**Pledge**  
*Rebecca Gooden*

**Visitors & Guests**  
*Mary Ellen Greene*

**Health & Happiness**  
*Jason Hagwood*

**Speaker Intro**  
*Stephen Anderson*

**Response to Speaker**  
*Rachel Hagwood*



**Phil Palmer**

**3-06-24**

When asked about his greatest inspiration in life, Phil Palmer dedicated that title to his grandfather, a Vietnam Marine Corps Veteran, as well as his father. Throughout his early life, he watched both men demonstrate high levels of resilience and strength. From these motivating figures, Phil gained an unwavering passion for serving his country and sacrificing for those he cares about. As a decorated military veteran himself, Phil also found himself positively influenced by his MITT (military training team), who helped shape him into the individual he is today. Phil has carried his love for helping others throughout his career, and is now the proud Founder and Chief Executive Officer of [WarriorWOD](http://WarriorWOD).

Having graduated from The Citadel in 2005 and commissioned as a Second Lieutenant in the U.S. Marine Corps, Phil's military career took him to serve in pivotal roles, including serving as a Combat Advisor and Operations Officer in Iraq, Instructor and Staff Platoon Commander at The Basic School, Operations Officers for the Marine Corps Martial Arts Center of Excellence, and finally an Operations Officers for the Security Force Assistance Program at the Training & Education Command (TECOM).

His commendable service over the years earned him numerous awards, such as the Purple Heart, Army Commendation with Valor, and Navy and Marine Corps Commendation Medal with Valor, among many other recognitions. Beyond his decorated military career, Phil faced challenges after being diagnosed with Post Traumatic Stress (PTS) and a traumatic brain injury (TBI) upon his honorable discharge in 2013. Fortunately, he discovered a source of healing and strength in physical fitness and nutrition. Realizing that many veterans struggled with similar invisible wounds, Phil established WarriorWOD in June 2021.

WarriorWOD emphasizes exercise and nutrition as crucial prescriptions for veterans' recovery from PTSD, leaving a profound impact on over 1000 veterans, with 125 finding relief and healing through the program's mentorship and initiatives. Phil's vision and dedication to veterans have earned him accolades, including being a Regional Jefferson Award recipient. Additionally, his passion for physical fitness led him to embark on an astounding 4,000 skydives, previously serving as his therapy and escape.

WarriorWOD, under Phil's motivational leadership, has positively impacted hundreds of veterans' lives since its founding. The program prioritizes exercise, nutrition, and mentorship as prescriptions for veterans' recovery from PTS, providing hope for those who have served our nation. Phil's extraordinary journey of service and compassion continues to empower and uplift, creating lasting change in the lives of our nation's heroes through the transformative power of WarriorWOD.

In addition to his role at WarriorWOD, Phil excels in his career as the Director of Sales for Liquid Web, a global IT hosting company. His commitment to empowering clients' growth and success reflects his unwavering dedication to excellence. Outside of his remarkable work, Phil cherishes the role of a devoted father to his daughter Sophie and a loving husband to his wife, Tessa. As a true fitness enthusiast, he dedicates time daily to exercise, aligning with WarriorWOD's mission.

**Birthdays**

X

**Club Anniversaries**

X

**Wedding Anniversaries**

*Jason & Rachel Hagwood*

**March Theme**

*Water & Sanitation Month*

**Upcoming Events:**

**Backpack Buddies**  
*Lowcountry Food Bank*  
*N. Charleston*  
*9am*

*4-06-24*

**District Conference**  
*3-22-24 to 3-24-24*

**Club Leadership**



**Lou Mello**  
District Governor



**Lewis Lee**  
President



**David Kent**  
President -Elect

