



WOMEN VETERANS DAY

Friday June 12th

08:30 am to 4:00 pm

Omaha VA Medical Center 4101 Woolworth Ave.

Main Hospital 3rd Floor room 3583 off the main elevators

To recognize and honor the contributions of women Veterans, Whole Health is teaming up with Women’s Health to provide a special day to learn about Women’s services offered by the VA Medical Center. This event provides an opportunity to connect, share experiences, and support one another while supporting your wellbeing.

Utilizing Whole Health services helps to maintain a healthy lifestyle, improve overall well-being, and ensure more comprehensive care that is well deserved.

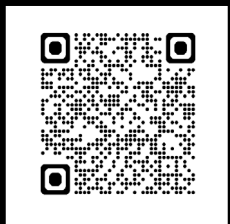
Meet our experts from Women’s Health and Whole Health for a discussion and information on topics such as:

- Peri and menopause management
- Age specific screenings and guidelines for women
- Pelvic floor health
- Whole Health offerings and services
- Benefits and importance of self-care
- Try tai chi & music therapy
- Live healthy teaching kitchen with recipes
- Time to relax and paint with creative arts

Lunch will be provided

RSVP

Reserve your space now, RSVP by clicking or scanning the QR Code.



**Limited Seating:
Omaha 20 Women Veterans
Lincoln 12 Women Veterans**

<https://www.signupgenius.com/go/10C0D4CAAAC28A1F4C16-63942776-women>

Questions? Call 402-995-4906



U.S. Department of Veterans Affairs
Veterans Health Administration
Nebraska-Western Iowa Health Care System