

WOMEN VETERANS HEALTH CARE

*You served, you deserve
★ the best care anywhere.*



WOMEN VETERANS EDUCATION SUPPORT GROUP 2014 SCHEDULE

Room 2C-252 - Noon - 1 P.M.

***Healthy Eating - January 9th 2014**

Learn nutrition basics and how to use them in a way that works for you

***Healthy Sleep - February 13th**

Explore and develop healthy sleep routines

***Camouflage Boutique - March 13th**

Learn about the Women's Clinic Prosthetics Boutique

***Artistic Expression - April 10th**

Discover new ways to express yourself artistically

***Seated Yoga- May 8th**

Learn simple stretches and yoga techniques

***Employment Resources - June 12th**

Learn how to apply your military skills to civilian jobs with resume building tips

***Professional Presentation Workshop - July 10th**

Learn how to dress, apply make-up and present in a professional manner

***Healthy Relationship - August 14th**

Learn healthy relationship tips and strategies

***Benefits - September 11th**

Learn about benefits available at the Department of Veterans Affairs

***Menopause - November 13th**

Learn healthy Menopausal Strategies

***Medical Foster Home - December 11th**

Learn about Medical Foster Homes Program and its benefits

Light lunch provided

Questions: Call Women's Clinic Social Worker 422-1258

RSVP: (will be a scheduled appointment) at 422-1236

