



WOMEN VETERANS DAY

**Thursday June 12th
11:00 am to 2:15 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:

- Menopause, contraceptive management, peri and menopause symptom management
- Breast, colorectal, age specific screenings and guidelines and bone health
- Common urinary conditions in women
- Whole Health offerings and services
- Benefits and importance of self-care
- Try a yoga class
- Live cooking event with recipes
- Take some time to relax in our creative arts watercolor painting class

*Light refreshments
will be served*

RSVP

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

Limited seating up to the first
30 Women Veterans.



VA



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