

*Fifth Annual
Women Veterans
Health & Wellness Event*

*Healthy
Mind ☼ Body ☼ Spirit*

*September 25, 2012
5:30 p.m. - 8:00 p.m.*



St. Cloud VA Health Care System
invites you to attend:

*Healthy
Mind ☼ Body ☼ Spirit
A
Women Veterans
Health & Wellness Event*

Tuesday, September 25, 2012
Social Gathering & Registration at 5:30 p.m.
Program 6:00 p.m. – 8:00 p.m.

Building 96

**St. Cloud VA Medical Center
4801 Veterans Drive, St. Cloud, MN**

From the east: Travel westbound on Veterans Drive (8th Street) to McLeland Road. Turn right onto the VA grounds. Go about ¼ mile to the stop sign. Turn right, and then right again. You will be in the parking lot in front of Building 96 (by the golf course driving range).

From the west: Travel eastbound on Veteran's Drive (8th Street) to McLeland Road. Turn left onto the VA grounds. Go about ¼ mile to the stop sign. Turn right, and then right again. You will be in the parking lot in front of Building 96 (by the golf course driving range).

Program

5:30 - 6:00 *Social Gathering,
Flu Vaccinations,
My Health_Vet
Authentication &
Program Registration*

6:00 *Keynote Speakers*

Beverly (BJ) Gross
Music Therapist
Drumming & The Power of
Rhythm for your Mind & Spirit

Caryn Locke
Zumba Instructor
Get your Body Moving!

Dan Baumgartner
Recreation Therapist
Calm your mind, soothe your
spirit and strengthen your body
through Tai Chi

8:00 *Closing Remarks*
Door Prize Drawings

Light refreshments will be provided.

Register Early!

Attendance is limited to 40 participants.
Please wear comfortable clothing.



**Registration fee is \$5.00 per individual
or \$8.00 for two registrations, checks
should be made payable to
“Veterans Canteen Service”**

**Complete the attached registration form &
return with the non-refundable registration
fee (\$5.00 for self or \$8.00 for self and a
Veteran friend – send registration forms for
both attendees at once please) by
September 13, 2012.**

Mail to:

Dean Flanders
Administrative Support Assistant
St. Cloud VA Health Care System
4801 Veterans Drive
St. Cloud, MN 56303-2099

**For further information, call:
320-255-6371**

Registration Form for Women Veterans Health Event

Name: _____

Address: _____

Daytime Phone: _____

BRANCH OF MILITARY SERVICE:

Era of Service: ___ WWII ___ Korean
___ Vietnam ___ Persian Gulf War
___ Operation Iraqi/Enduring Freedom
___ Peacetime

Check here if you wish to receive a seasonal
flu vaccination this evening: _____

The St. Cloud Veterans Affairs Health Care System will not discriminate on the basis of race, color, creed, religion, national origin, gender, disability, age, marital status, public assistance status, familial status or sexual orientation. Upon request, accommodations will be provided to allow people with disabilities to participate in all VA programs and activities.

WOMEN VETERANS HEALTH CARE

You served, you deserve
★ the best care anywhere.

