

St. Cloud VA Health Care System
Women Veterans Program Manager
4801 Veterans Drive
St. Cloud, MN 56303-2099

*Sixth Annual
Women Veterans
Health & Wellness Event*

*Healthy Eating
&
Weight Management*

*September 24, 2013
5:30 p.m. - 8:00 p.m.*



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

*Healthy Eating &
Weight Management
A
Women Veterans
Health & Wellness Event*

Tuesday, September 24, 2013
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,
Vaccinations,
My Health_Vet
Authentication &
Program Registration*

6:00 *Keynote Speakers*

Heather Merritt
Registered Dietitian
Mindful Eating

Anne Pavel
Dietetic Intern
When to Eat Organic Foods
Demonstration & Tasting

Andrea Loveless, PsyD, LP.
Psychologist
Mindfulness Labyrinth
Calm your mind, soothe your
spirit and strengthen your body

8:00 *Closing Remarks*
Door Prize Drawings

Light refreshments will be provided.

Sponsored in part by:
VFWA Department of Minnesota

Register Early!

Attendance is limited to 50 participants.
Please wear comfortable clothing.



**Registration fee is \$5.00 per individual
or \$8.00 for two registrations, checks
should be made payable to
“St. Cloud VA Health Care System”
Note in the memo: Women Veterans Event**

**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 12, 2013.**

Mail to:

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

**To RSVP and inform us of any food
allergies call:
320-255-6353**

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
/New Dawn ___ Peacetime

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

Check here if you wish to receive a TDAP
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, sexual orientation, gender identity or gender expression. 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.*

