



U.S. Department
of Veterans Affairs



Connecticut Department of Veterans Affairs
Thomas J. Saadi
Commissioner



Join us for a day of wellness with your fellow Connecticut Women Veterans!

Saturday, October 5th at the Middletown Elks Lodge
(44 Maynard St, Middletown, CT)

Women veterans make up nearly 10% of the Connecticut Veteran population; a number that will continue to grow as more women join the U.S. military each day!

In an effort to bring this incredible population together, the Connecticut Department of Veterans Affairs, along with our partners at the U.S. Department of Veterans Affairs and Easterseals Veterans Rally Point, invite Connecticut women Veterans and current women service members to a morning of mingling with their sisters-in-arms while learning how to promote wellness in their everyday lives and connect with supportive programs and services. This event is exclusively for women Veterans and women service members and will offer a broad range of physical and mental health wellness and supportive services including Yoga, nutritional education, massage and mindfulness therapy along with expert information on Veterans benefits.

A hot breakfast buffet will be provided to help power through the morning along with fresh coffee and juices.

For any children who want to accompany mom, we've got you covered! There will be a magician who also specializes in face painting who will be available throughout the morning.

Please dress in comfortable clothing and bring a yoga mat or towel for some of the relaxation exercises in which you may want to participate.

Check-in & breakfast begins at 8:00 a.m. with the Wellness Retreat kicking off at 9:00. We look forward to a great morning with Connecticut's women Veterans and women service members!

For information please call: 860-594-6604

Please register for the event at: <https://ctwomenveterans.eventbrite.com>