



VA facilities across the Nation are once again holding VA2K walk and roll events on Wednesday, May 18th 2016. The VA2K is designated to help employees recognize the importance of exercise and nutrition and help them live healthier lives. This event also allows the Department of Veteran Affairs to raise awareness and support the needs of homeless Veterans. Participants attending the event are welcome to bring an item to donate to the homeless Veterans program. These items are given to homeless Veterans as they are housed. Without donations, many will have no household items to support their transition from a shelter to housing.

The VA2K is designed for VA employees, Veterans and **community members** at all levels of fitness and is an easy distance (1.2 miles) that allows most participants to complete it during a 30-minute lunch break.

VA Maine Healthcare System (VA Maine HCS) has consistently been a **NATIONAL** leader in donations received. Maine cares about its homeless Veterans! Please keep in mind VA staff cannot ask for donations but can share a wish list when asked. In addition we cannot put gift cards on our wish list but can accept them.

**MAY 18, 2016**

**Togus Campus**

**11am-1pm @ the Gazebo.**

**Cookout (cash only), Dunk tank, Walk, Tram available, Music, Health Fair and much more!**

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