

Live Whole Health.

Create connections. Build courage. Develop resilience.

Join us for
our 3-day
VA Puget Sound
Virtual Veteran
Wellness Fair

January 26-28
2021

10 a.m. – 3 p.m.

You can choose any of our
30-minute sessions that work
best for you!

We'll meet virtually through
VA's WebEx platform. You
can access WebEx through
the computer or the WebEx
mobile app.

Questions? (206) 466-7257

Topics include ...

Cooking Demos | Yoga | Mindfulness
Healthy Aging | Diabetes Care | Tai Chi
Cancer Prevention | VA Mobile Apps
My HealthVet | Caregiver Support
Acupressure | Coping with COVID

Plus, learn about ...

Veterans Service Organizations (e.g., VFW)
Vet Centers
Washington State Dept. of Veterans Affairs
Community Resources

See full schedule online by [clicking here.](#)

Instructions to attend the fair:

1. [Click on this link](#)
2. Enter your name and email address.
3. Enter the session password: Wellness123!
4. Click "Join Now."
5. Follow the instructions that appear on your screen.

If you do not have a speaker, you can listen through the
toll number by dialing **(404) 397-1596** and entering the
access code when prompted: **199 176 0295**

Bypass entering an ID# and Press #

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Puget Sound Health Care System