

# WOMEN VETERANS HEALTH CARE



*You served, you deserve  
★ the best care anywhere.*

## WOMEN HELPING WOMEN SUPPORT AND EDUCATION GROUP FOR WOMEN VETERANS

**PURPOSE:** To provide a safe, positive, and supportive place for women veterans to gather. Topics may include:

- Beauty inside and out
- Finding time for you
- Parenting strategies
- Grief and loss
- Employment tips
- Healthy living
- Finding balance

VA SALT LAKE CITY  
HEALTH CARE SYSTEM

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**WOMEN HELPING WOMEN**  
SUPPORT AND EDUCATION GROUP  
FOR WOMEN VETERANS

**WHEN:** Wednesday Evenings  
(2<sup>nd</sup> & 4<sup>th</sup> Wednesdays only)  
5:00 - 6:30 p.m.  
If you have questions,  
please call Jeri at  
801-582-1565, Ext. 4280

**WHERE:** George E. Wahlen  
Department of Veterans  
Affairs Medical Center  
500 Foothill Drive  
Salt Lake City, Utah 84148  
Women's Clinic  
Bldg I, 1<sup>st</sup> Floor, Rm ID17  
(near Radiology)

**FACILITATORS:**

- Leader - Jeri Lambourne,  
Chaplain
- Assistant - Gina Painter,  
Women Veterans Program  
Manager

LIGHT REFRESHMENTS WILL BE SERVED

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