

# Women Veterans!

AND

Friends, Family, Professionals

## Come and Learn!

- Services for women at the VA
- How to recognize depression, how it impacts you, and what you can do to heal
- Effective communication presentation by Walla Walla University
- Healthy lifestyle with simple nutrition
- Panel discussion about moving forward from sexual assault and domestic violence

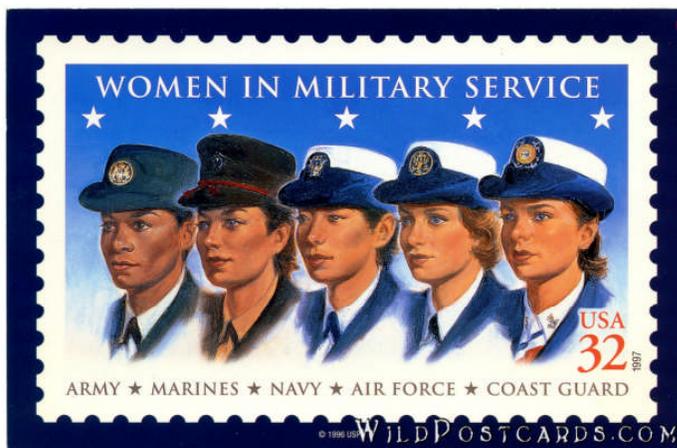
**April 14,  
2011**

**9am-3pm**

**Information:**

Lydia Hales, LICSW  
509-525-5200 ext 26741

*Light Lunch is Provided!*



Jonathan Wainwright VAMC  
77 Wainwright Drive  
Walla Walla, WA

LOCATION:

**THEATER** (Bldg. 78)