



Veterans Health Administration

VA NEBRASKA-WESTERN IOWA HEALTH CARE SYSTEM

News Release

Office of Public Affairs 4101 Woolworth Ave
Media Relations Omaha, NE, 68105
Kevin Hynes 402-995-4719

NEW "TAKECARE" FILMS TO BE UNVEILED DURING
VETERAN WELLNESS FAIR AT OMAHA VA MEDICAL
CENTER ON SATURDAY, NOVEMBER 9, 9 A.M. UNTIL NOON.

Released by
Kevin Hynes
(402) 995-4719

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FOR IMMEDIATE RELEASE

OMAHA, Neb. – The Nebraska-Western Iowa Health Care System is honored to host the Veteran Wellness Fair tomorrow, Nov. 9, from 9 a.m. to noon, at the Omaha VA Medical Center located at 4101 Woolworth Avenue.

As a part of the festivities, two new films produced by the national TakeCare Campaign, will be presented in the medical center chapel. TakeCare is a new national campaign that invites people to take care of their whole health—mind, body, spirit and community. It is a health and wellbeing initiative to inspire people through powerful storytelling and connect them with free tools and local resources to support them in their journey to whole health.

VA Nebraska-Western Iowa Health Care System is partnering with the TakeCare Campaign to connect with local health resources for veterans and community members. During Saturday's Veteran Wellness Fair, Veterans, family members and local community members will have the opportunity to watch two inspirational short films from Academy-Award winning filmmakers about real-life stories of transformation.

Along with the film screenings, Saturday's event will offer Veterans the opportunity to learn more about the many different health care programs and services offered by the VA Nebraska-Western Iowa Health Care System, including smoking/tobacco cessation, health coaching, women's health, suicide prevention and nutrition services. The fair will also include free health and hearing screenings, body mass indication (BMI) calculations, blood pressure and foot checks will also be offered to all Veterans who attend the fair. Free flu shots will also be available for Veterans. Veterans can also participate in Yoga and Tai Chi classes, which are now offered by the VA Nebraska-Western Iowa Health Care System's Whole Health staff.

The Veterans Wellness Fair will be held on the main floor of the Omaha VA Medical Center. Veterans are encouraged to use the main parking lot at the medical center or the VA Douglas County Health Center Parking Lot. Complimentary VA shuttles will be available.

Veterans who are not currently receiving health care services from the VA are encouraged to bring their Military Discharge (DD-214) paperwork, a valid ID, most recent tax returns, copy of the most current insurance card as well as social security numbers for both the Veteran and any dependents. Veterans can also pre-enroll online at <https://www.va.gov/health-care/apply/application/introduction>.

For more information about TakeCare, visit www.takecare.org.

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Note: The media is invited to cover the Veterans Wellness Fair on Nov. 9, at the VA Nebraska-Western Iowa Health Care System's Medical Center in Omaha.

Additionally, we would greatly appreciate the media's assistance in helping inform area Veterans and their families about the event. To assist, we have created a Public Service Announcement that can be downloaded here: (LINK)

Audio-<https://www.flickr.com/photos/182889810@N02/48909416477/in/album-72157710510986552/>

Video-<https://www.flickr.com/photos/182889810@N02/48909083532/in/album-72157710510986552/>