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News Release

FOR IMMEDIATE RELEASE

May 9, 2013

VA 2K Walk and Roll Event Supports Homeless Veterans and Promotes Wellness

VA Black Hills Health Care System (BHHCS) will host a 2K “walk and roll” event on May 15, from 11 a.m. – 1 p.m., to coincide with National Employee Health and Fitness Day. The event will promote health and wellness and benefit homeless Veterans. Employees, Veterans and community members are invited to attend.

“Worksite wellness activities enhance employee engagement and contribute to a more productive and healthy workforce,” said Dr. Andrea Conti, VA BHHCS Chief of Staff. “This is our third annual VA 2K. Our first two were extremely successful and we intend to collect even more in-kind donations and involve more participants in support of wellness and homeless Veterans this year.”

The VA BHHCS event is just one of many 2Ks taking place May 15 at other VA facilities across the country. In conjunction with the event, Voluntary Services will be collecting canned goods for distribution to Veterans in need. However, there is no requirement for a donation in order to participate.

VA BHHCS will host three 2K walk and roll events. They will be held at the Fort Meade and Hot Springs VA Medical Centers – to meet at the canteen patios – and at the Rapid City Community Based Outpatient Clinic – to meet at the back entrance patio. Pre-registration is not required and those interested in participating can do the walk anytime between 11 a.m. and 1 p.m. For additional information and more event details, please contact the 2K coordinator, Marni Whalen at 347-2511 ext. 7091.

VA’s employee wellness program empowers employees with the knowledge, skills and tools they need to create a culture of health and wellness. Further, it encourages employees to use their appreciation of wellness to inspire Veterans to live healthier lifestyles. Take that first step towards a more active life by walking with VA on May 15, and help a homeless Veteran in the process.

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