

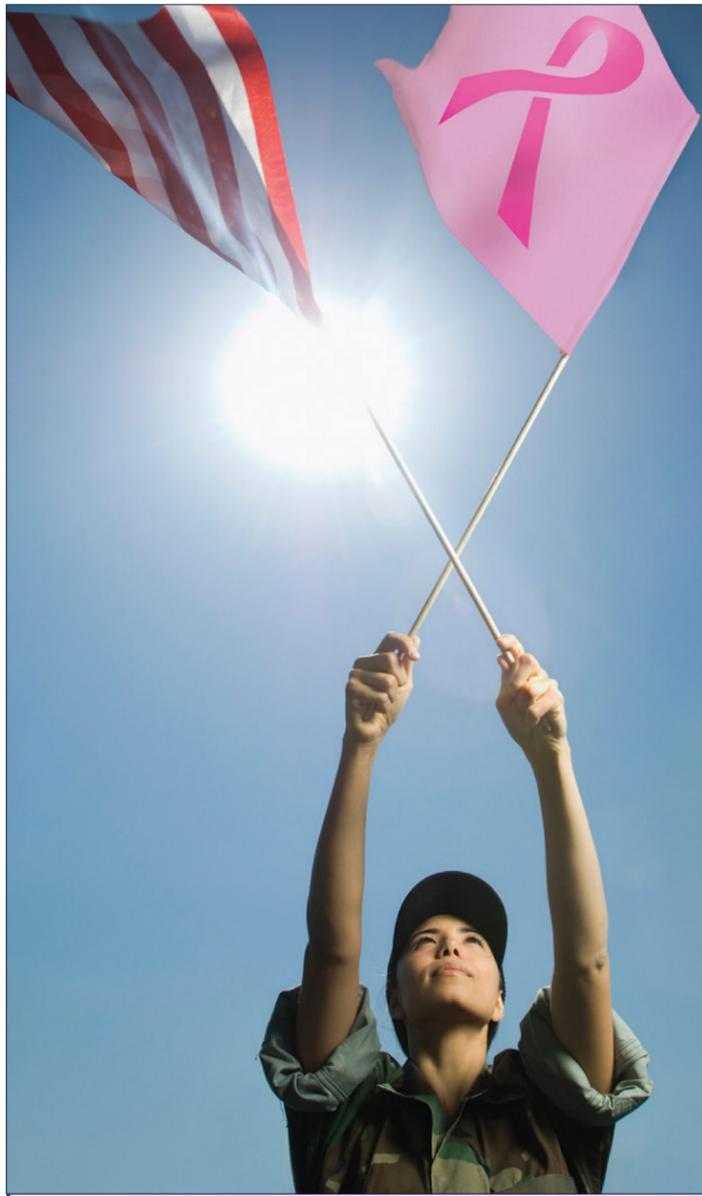


# Call Denise

# Early Detection Saves Lives

The Women Veterans Program Manager, **Denise Koutrouba**, can help you schedule your mammogram at a place and time convenient to YOU!

Call Denise at **781-687-3021**



## Bedford VA Women Veterans Healthcare

Program Manager 781-687-3021  
Mental Health 781-687-2347  
Primary Care 800-VETMED1 or 800-838-6331  
Veterans Crisis Line 800-273-8255 Press 1



[bedford.va.gov/guide](http://bedford.va.gov/guide)



Defining **EXCELLENCE** in the 21st Century

## ~ October 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>BEDFORD VA's Women's Center is in Bldg. 78 1st Floor</b>	<b>Call Women Veteran Program Manager 781-687-3021</b> for information on calendar 6:15 - 7:15p <b>Framingham Yoga</b>	<b>Help with VA Benefits</b> Call Dan Kelly 781-687-2373 11-1p <b>Breast Cancer Awareness: Women's Center</b>	<b>1 Be Safe: Healthy Relationships</b> 781-687-2854 Safing Center 10:30-11:30a <b>Pottery</b> Bldg. 4 Greenhouse 12-1p Meet <b>Homelyn</b> from Veterans Inc. Women's Center	<b>2 9-11:00a Women Vets Q&amp;A</b> with Gina (VSO) Women's Center 617-972-6416 11-3p <b>Eat Healthy</b> City of Lynn Farmer's Market 12-1:30p Family Support Ctr	<b>3 10-12p Pain Self Management</b> 781-687-2984 10-2:00p Meet <b>Erika Gorman Women Peer Support</b> Women's Center <b>Women's Retreat</b> Groton Project New Hope	<b>4 9-11:00a Open Studio</b> Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199 <b>Women's Retreat</b> Groton Project New Hope
<b>5 Women's Retreat</b> Groton MA Project New Hope	<b>6 12-1p Meet your Women Vets Program Manager</b> 1:00p <b>Walking Club</b> Hospital Gym	<b>7 10-11:00a Breast Health Nutrition:</b> Women's Center 12-1:30 <b>Family Support Ctr</b> <b>Photography Club</b> Canteen -Staff Rm 130 <b>Yoga for Vets</b> JP VA 857-364-5071	<b>8 10-12 Let's Talk: Why Mammograms?</b> Women's Center 10:30-11:30 <b>Pottery</b> Bldg. 4 Greenhouse 12-1p Meet <b>Homelyn</b> from Veterans Inc. Women's Center	<b>9 12-1:30p Family Support Ctr</b> <b>Women's Support Grp</b> Bldg. 4 781-687-3113 6:30-8pm <b>Music Therapy</b>	<b>10 12-2:00p Prenatal Ed Class</b> <b>Women's Center:</b> Call 781-687-3021	<b>11 9-11:00a Open Studio</b> Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199 1:15-2:15 <b>Free Yoga Charlestown</b>
<b>12</b>	<b>13 Columbus Day</b> 3-7:00p <b>Billerica Farmer's Market</b> 25 Concord Rd	<b>14 12-1:30p Family Support Ctr</b> 12-1p <b>Women Peer Support:</b> Women's Center Canteen Staff Rm 130	<b>15 10-2:00p Breast Cancer Awareness</b> Exhibits and Information Cross Roads <b>Managing Stress</b> call 781-687-2420	<b>16 12-1:30p Family Support Ctr</b> 1-2:00p <b>Pink Out Day</b> <b>Celebration &amp; Walk</b> 6:30- 8p <b>Music therapy</b>	<b>17 1:30-3:30pm Free Wellness Clinic</b> for Vets and Families Charlestown 781-687-3021 <b>Want to start a Veteran owned Business?</b> Call Jerry 781-983-3728	<b>18 9-11:00a Open Studio</b> Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199 1:15-2:15 <b>Free Yoga Charlestown</b>
<b>19</b>	<b>20 1:00p Walking Club</b> Hospital Gym 1-2p <b>Quit Smoking!</b> Building 78, Room 311	<b>21 10-11:00a Prenatal Nutrition</b> <b>Talk with Leslie:</b> Women's Center 687-3021 Canteen Staff Rm 130 12-1:30p <b>Family Support Ctr</b>	<b>22 Be Safe: Healthy Relationships</b> 781-687-2854 Safing Center 10:30-11:30 <b>Pottery</b> Bldg. 4 Greenhouse 12-1pm Meet <b>Homelyn</b> from Veterans Inc. Women's Center	<b>23 11-3p Eat Healthy</b> City of Lynn Farmer's Market <b>Womens Support Grp</b> Bldg 4 781-687-3113 12-1:30p Family Support Ctr	<b>24 Want to lose weight in privacy?</b> <b>TeleMOVE:</b> 781-687-3363	<b>25 9-11:00a Open Studio</b> Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199 1:15-2:15 <b>Free Yoga Charlestown</b>
<b>26</b> Family Retreat Day 3 Project New Hope 1 508-713-3362	<b>27 1:00pm Walking Club</b> Hospital Gym 6:15-7:15p <b>Yoga for Veterans</b> Edwards Hall 39 Edwards St. Framingham	<b>28</b>	<b>29 12-1p</b> Meet <b>Homelyn</b> from Veterans Inc. Women's Center	<b>30 Women's Support Grp</b> Bldg. 4 781-687-3113	<b>31 Halloween</b> <b>Family Retreat</b> Groton Day 1 Project New Hope 508-713-3362	<b>Family Retreat</b> Groton Day 2 Project New Hope 508-713-3362

Please bring your lunch and join the discussions and connect with other women Veterans! Learn and share information about wellness, healthcare, benefits and other topics of interest. Go to [www.Bedford.va.gov](http://www.Bedford.va.gov) for more information or call 781-687-3021

Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA), Women's Center, Building 78, First Floor, 200 Springs Road, Bedford MA 01730