

Five  
awkward  
minutes  
can save  
your life.

Schedule a Pap test.

Let VA help.



## Bedford VA Women Veterans Healthcare

[bedford.va.gov/services/Women\\_Veteran\\_Services.asp](http://bedford.va.gov/services/Women_Veteran_Services.asp)

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



**VA**  
HEALTH  
CARE

Defining  
**EXCELLENCE**  
in the 21st Century

### ~ March 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BEDFORD VA's Women's Center is in Bldg 78 1st Floor						1
2	3 Women's Health Q & A 12:00-1:00pm BROWN BAG LUNCH ENRICHMENT	4 Women Veteran Ski Appreciation Day: Mt. Sunapee:603-763-9158 12:00-1:00pm BROWN BAG LUNCH WELLNESS	5 Supportive Services Kristin VET Inc. 12:00-1:00pm BROWN BAG LUNCH RESOURCES, BENEFITS	6 Women Veteran Entrepreneurs Jerry Pinsky 12:00-1:00pm BROWN BAG LUNCH LIFESTYLE	7	8
9	10 Pregnancy and Health Ask Denise 12:00-1:00pm BROWN BAG LUNCH ENRICHMENT	11 Women's History Month Celebration Building 9 conference Room 1230 to 1:30	12 VA at Boston Flower Show Opening Day 9am to 9pm RESOURCES, BENEFITS	13 VA at Boston Flower Show Lets 'talk MST Jolene/Dr Laura Johnson 12:00-1:00pm BROWN BAG LUNCH LIFESTYLE	14 VA at Boston Flower Show Vets with Pets Playgroup 12-1:30pm Quincy Armory 1000 Hancock	15 VA at Boston Flower Show
16 VA at Boston Flower Show	17 St. Patrick's Day Safety in relationships Dr. Bessa 12:00-1:00pm BROWN BAG LUNCH ENRICHMENT	18 Manage your weight Healthy Plate Joanne Maddock 12:00-1:00pm BROWN BAG LUNCH WELLNESS	19 Preventing Diabetes Ask Leslie 12:00-1:00pm BROWN BAG LUNCH RESOURCES, BENEFITS	20 Women Veteran Entrepreneurs Jerry Pinsky 12:00-1:00pm BROWN BAG LUNCH LIFESTYLE	21	22 Operation Money Wise Conference: Mass Bay College 50 Oakland St. (FREE) Call for Information 617-367-9333 x.615
23	24 The Future of College is Today Dr. Pietro Savo 12:00-1:00pm BROWN BAG LUNCH ENRICHMENT	25 Questions on Eligibility? Ask Mary 12:00-1:00pm BROWN BAG LUNCH WELLNESS	26 Diversity, Deborah Outing 12:00-1:00pm BROWN BAG LUNCH RESOURCES, BENEFITS	27 Feeling good with Exercise Dr. Holly Parker 12:00-1:00pm BROWN BAG LUNCH LIFESTYLE	28	29 Women Veteran's Spring Fling : 10:00-2:00 MSPP-1 Wells St Newton, MA 617-210-5958
30	31 OEF/OEF Ask Elizabeth Price 12:00-1:00pm BROWN BAG LUNCH ENRICHMENT	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 <a href="http://www.Bedford.va.gov/Women_Veterans_Services.asp">www.Bedford.va.gov/Women_Veterans_Services.asp</a> for more information or call 781-687-3021				