



**Department of
Veterans Affairs**

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News Release

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May 11, 2011

Nationwide 2K Event Will Support Homeless Veterans and Promote Employee Wellness

SALEM – The Salem VA Medical Center will join more than 130 VA facilities in hosting a nationwide 2K Walk and Roll event on June 2. The event is being held in support of employee wellness month. This event will also encourage employee and local community support of homeless Veterans.

“Worksite wellness activities enhance employee engagement and contribute to a more productive and healthy workforce,” said Secretary of Veterans Affairs Eric K. Shinseki. “These 2K Walk and Roll events are an excellent way to involve the entire VA community, highlight the importance of physical activity in maintaining a healthy lifestyle, and help homeless Veterans get the assistance they need.”

The Salem VA Medical Center event will be held on June 2 from 11:45 a.m. to 1:00 p.m. on the medical center grounds. While there is no registration fee, employees and volunteers participating in the event are encouraged to donate coats (gently used and clean, or new); new clothing (gloves, hats, underwear, socks, boots, shoes); blankets; and sunscreen or toiletry items to support homeless Veterans. Participation is open to the community but donations are optional.

VA’s employee wellness program is known as WIN (Wellness Is Now). WIN empowers employees with the knowledge, skills and tools they need to create a culture of health and wellness. Further, the group encourages employees to use their appreciation of wellness to inspire Veterans to live healthier lifestyles.

WIN integrates traditional occupational safety and health programs with health promotion activities, addressing both workplace and worker health. Through this program staff find opportunities to embrace healthy and positive lifestyle choices that sustain and improve their own health, reduce preventable injuries and illnesses, reduce absenteeism and enable them to do their important work of serving the Nation’s Veterans.

For more information on how you can be part of this event, please contact Dr. Shannon Cohen, Health Promotion Disease Prevention Program Manager at (540) 982-2463, Ext. 3547.