

VAU.S. Department
of Veterans Affairs

Press Release

Office of Public Affairs
VA Northern California
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IMMEDIATE RELEASE

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VA NorCal to mark Women's History Month with 'spa day' for Sac-area women Vets

Registration for women service members and Veterans: <https://bit.ly/2J5lx9d>

SACRAMENTO, Calif. — To mark Women's History Month, [VA Northern California Health Care System](#) (VA NorCal) will join [The Forgotten Soldier Program](#) in honoring female service members and Veterans with "A Day of Relaxation and Rejuvenation" on Saturday, March 16, in Auburn. The free "spa day" is open to women service members and Veterans and includes breakfast and lunch, but [registration](#) is required. Credentialed media is invited.

"Women Veterans are the fastest growing demographic among VA NorCal patients," said Rebecca Stallworth, VA NorCal women's health social worker. "While it's true we're pouring resources into our women's health programs, we want to care for the whole person. A day dedicated wholly to relaxation and wellness for our women Veterans is a big part of that effort."

WHAT: A Day of Relaxation and Rejuvenation
WHEN: 8:30 a.m. – 2 p.m., Saturday, March 16
WHERE: Armed Forces Pavilion and Community Garden, 995 Lincoln Way,
Auburn, CA 95608
WHO: Free to women service members and Veterans

Services include massage, acupressure, acupuncture, chiropractic, classes on tai chi, yoga, essential oils, healing art, and mindfulness meditation, and a resource fair and prize drawing.

Free transportation will be provided from the Sacramento VA Medical Center at 10535 Hospital Way in Mather to the Auburn event. VA shuttle buses will depart 7:15 a.m. from the entrance of Building 650 at the Medical Center. Please indicate the need for transportation when [registering](#).

For more information, contact Will Martin, VA NorCal Chief of Public Affairs, at 916-843-9247, William.Martin6@va.gov, or via Twitter at www.twitter/wmartin89.

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