

Women Veterans Virtual Public Forum on Tuesday, January 11, 2022 6:30 PM-7:00 PM



Calling all Female Veterans! Please join us for a virtual open forum on VA services for Women Veterans!

This is an opportunity to share your thoughts and suggestions on how we can do better or what we are doing right!

Panelists:

- Dr. Alexa Pragman, MD, PhD; Infectious Disease
- Molly Smith, MS, LICSW; LGBTQ+ Veteran Care Coordinator
- Dr. Alisa Duran MD FACP; Women's Health Medical Director
- Deadra Dahl, APRN, CNS; Military Sexual Trauma Coordinator

Microsoft Teams meeting: Join on your computer or mobile app

[Click here to join the meeting](#) Or call in (audio only): [+1 872-701-0185](tel:+18727010185), [550388474](tel:+1550388474)#

Phone Conference ID: 550 388 474# [Find a local number](#) | [Reset PIN](#)

Together With Veterans in International Falls to host Community Action Planning meeting

January 11, 2022 at 1800 at Backus Community Center, 900 5th St., International Falls, MN. For more information, please reach out to Mark Lessard at: mark.lessard@co.koochiching.mn.us

United for Veterans: Veterans Wellness Passport

United Way of Northeastern Minnesota's United for Veterans Program is proud to present the Veterans Wellness Passport to improve overall wellbeing while building community for veterans and service members in northeastern Minnesota!

Here's how it works:

1. Sign up for the UWNEMN Veterans Wellness Passport to receive a passport number and quarterly updates on activities, speakers, and gatherings. You can use your passport number to sign up for future events without entering all your information each time.

All active duty, veterans, and members of the National Guard and Reserve of all ages, backgrounds, abilities, and experience levels welcome.

Activities will include yoga, snowshoeing, fishing, and more. Necessary equipment will be provided.

2. Attend as many or as few passport events as you'd like. Activities will require a free registration.

3. Get moving, connect with local service members, and explore activities across our region.

All Passport holders will receive a Veterans Wellness Passport backpack and wellness items when they attend their first activity.

Go to link below and sign up for your passport today!

[Veterans Wellness Passport | United Way of Northeastern Minnesota \(unitedwaynemn.org\)](#)

Military Mental Health Coalition: 2022 Military Mental Health Conference "Surviving Home"

May 5 and 6, 2022 at Camp Ripley with virtual option. Please see link below to register and get tickets:

[The Annual MMHC Annual Conference | Fort Ripley, MN \(militarymentalhealthcoalition.com\)](https://militarymentalhealthcoalition.com)