



Focusing on helping homeless Veterans and promoting active lifestyles, the 8th annual VA2K Walk & Roll event will be held on May 16, 2018 at VA facilities and clinics across the nation. The VA2K is an employee health and wellness event, designed to help employees recognize the importance of exercise and nutrition in living healthier lives, while raising awareness of the needs of homeless Veterans. Participants attending the event are welcome to bring a new, household item to donate to the Homeless Veterans program. These household items are given to homeless Veterans as they are housed. Many Veterans who are homeless have very few personal belongings when they transition into housing, and are almost always facing financial hardships that make it difficult to get the items necessary for living successfully in a home. Without these donations, many of our Veterans would arrive in an apartment with no household items, like dishes, towels, furniture or cleaning supplies: the basics necessary for daily living.

The VA2K is designed for **VA employees, Veterans and community members** at all levels of fitness and is an easy distance (1.2 miles) that allows most participants to complete it during a 30-minute lunch break.

VA Maine Healthcare System (VA Maine HCS) has consistently been a **NATIONAL** leader in donations received. Maine cares about its homeless Veterans! Although VA staff are prohibited from asking directly for donations, we are happy to share a donations “wish list” with any community member, organization or business who requests one.

**[Join us on MAY 16, 2018 at the following VA Locations:](#)**

**CONTACT INFORMATION**

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