



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Portland Health Care System

Day of the Woman Veteran

VA Portland Health Care System
Women's Health Fair

Monday, March 11, 2019

9:00 AM – 7:00 PM

Portland VA Medical Center Auditorium (Second Floor)
3710 SW US Veterans Hospital Rd, Portland, OR 97239

Come learn about women's health topics, meet staff in our women's health clinic, and meet other Veterans.

All are welcome!

For full schedule visit
www.portland.va.gov

Yoga

Social
Hour
5:00-7:00 PM

Resource
Tables,
Speakers
and
Demos!

Women
Veteran
Panel

Enroll in VA Healthcare

If you served in the military, or are currently serving in the military, and have never enrolled in VA healthcare please bring your DD-214 service discharge papers to speak with an eligibility representative on-site to see if you are eligible for care.

Questions? Call 503-808-1920 or e-mail VHAPOR-PublicAffairs@med.va.gov



Schedule of Speakers and Demonstrations

Monday, March 11, 2019

Portland VA Medical Center Auditorium (Second Floor)

9:00 – 9:30 a.m.	Welcome Our Women’s Health Program leaders welcome attendees and discuss the importance of our women’s health fair and events throughout the day.
9:30 – 10:00 a.m.	Overview of Women’s Health Program Learn about the women’s health program and what services are provided.
10:00 – 10:30 a.m.	Tai Chi Tai Chi is a graceful form of exercise that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
10:30 a.m. – 12:00 p.m.	Women’s Health Program Panel Hear from staff who make up a Primary Care Team (called Patient Aligned Care Team) and how they can help you during and between healthcare visits.
12:00 – 1:00 p.m.	“Brown bag” Video Shorts All are welcome to join us during the lunch hour to eat and view a variety of short videos featuring women Veterans.
1:00 – 1:30 p.m.	Qigong Qigong is the study and practice of cultivating vital life-force through breathing techniques, postures, meditation, and guided imagery.
1:30 – 2:00 p.m.	Preparing for an Outpatient Appointment We want you to have a successful visit with your team during an outpatient visit. Stop in to hear helpful tips to make the most of your time with us.
2:00 – 2:30 p.m.	Preparing for an Inpatient Stay Join us to learn about what you can expect during an inpatient visit and how to prepare for your stay with us.
2:30 – 3:00 p.m.	Yoga Yoga is movement that combines strengthening and stretching poses with deep breathing and relaxation. All postures can be modified for individual needs. All levels welcome!
3:00 – 4:00 p.m.	Panel Discussion: “I am a Woman Veteran” – Each with a story to tell Hear from women Veterans in the community during this panel discussion! Listen to their stories and learn about their military experiences and leadership advice. Panelist members will be announced on our Facebook page!
4:00 - 4:15 p.m.	Closing Remarks
4:15 - 5:00 p.m.	Video Shorts
5:00 – 7:00 p.m.	Social Hour Mingle and meet with other women veterans! Light refreshments provided.