



Carl Vinson VA Medical Center, 1826 Veterans Blvd., Dublin, GA 31021

# Media Release



FOR IMMEDIATE RELEASE

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## **VA2K “Walk & Roll” to support homeless veterans and promote physical activity**

*Dublin, Ga.* - The Dublin VA Medical Center will host its annual VA2K “Walk and Roll” on Friday, May 10, from 10 a.m. until 2 p.m. to encourage healthy activity while supporting homeless veterans with donated items. Participants may walk, run, or roll in their wheelchairs on the two-kilometer course around the VA. The event is free and open to the public. Pre-registration is not required.

Event coordinator and VA Whole Health Coach Barbara Keating noted that the VA2K offers people a chance to initiate a healthy lifestyle that prolongs life and health.

“Worksite wellness activities enhance employee engagement and contribute to a more productive and healthy workforce and personal life,” said Keating.

Keating also said that it gives VA staff and the public a chance to make a direct contribution to the welfare of homeless veterans who need a hand while allowing VA and community partners to meet and network.

“Our goal is to collect donations and involve participants in support of wellness and homeless veterans this year. We hope that groups and individuals from our community will join us this year and every year,” Keating said.

As part of the event VA will have tables with important information about VA programs, services, and other benefits.

The Dublin VA event is just one of approximately 170 VA2K events taking place May 10 at other VA facilities across the country. In conjunction with the event, the medical center’s Center for Development and Civic Engagement (CDCE) will accept donations to carry out existing VA programs for homeless veterans; however, there is no requirement to donate in order to participate. Items needed for veterans include personal items such as toiletries, new clothes, stamps, and gift cards for incidental expenses. The event is open to people of all fitness levels and can be done over a lunch break.

“Whether you team up with a coworker, a friend, or participate on your own, there’s no better time than now to step up your fitness level and help improve the lives of homeless veterans,” Keating said.

For additional information and more details, contact the Barb Keating at [Barbara.Keating@va.gov](mailto:Barbara.Keating@va.gov). The public is also encouraged to follow the medical center’s Facebook page at “Dublin VA Medical Center” for up-to-date information on the VA2K and other public events hosted by the VA.

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