



March 2023 Vol 2

Honor. Empower. Recognize.

We2AreVets 501(c)(3) purpose is to honor, empower, and recognize women veterans as they enter and reintegrate into the civilian workforce.

March is Women's History Month! Please check out our social media on different stories of empowered women.



You can visit us online @ www.we2arevets.org

MARCH

MARCH HOLIDAYS & NATIONAL DAYS | 2023 CALENDAR (NATIONALTODAY.COM)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		-National Womens History Month -National Deaf History Month	1 -National Invest in Veterans Week 1-7	2	3	4 -Start of International Women's Week 4-7
5 -Women of Aviation Worldwide Week 6-12	6	7	8 -International Women's Day	9	10	11
12 Daylight Savings time	13	14 -Equal pay day	15	16	17 -St.Patricks Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1



Knowing what resources are available and where to go are critical steps in transitioning out of the military and beyond!

If you need or know anything that can help other female veterans please reach us through email or social media!



can empower you with the tools you need to be successful.



Womens Veteran Call Center:
1-855-VA-WOMEN

Caregiver Support Line
1-855-260-3274

VA Benefits Hotline
1-800-827-1000

If you are in crisis dial **988** then press **1** you will be at the Veteran crisis line.

Inspiration

Obesity is a problem in the United States, with the fast-food, larger portions being available to us we don't even think about our weight. Until it gets out of control, and you have problems picking things up, your clothes not fitting properly, being out of breath and many other problems that can arise from being overweight. Army Veteran Annette Bowman was tired of feeling tired and started her weight loss journey in the spring of 2021. She started this journey on her own and by June of 2021 joined the Columbia VA Telemove program, sponsored by the local VA. This program is throughout the country and all the VA's.

“Telemove is a three to six month at home telehealth version of Move utilizing daily and home education and weight monitoring using equipment provided or web-based platforms. The program provides accountability, education and self-reporting of the veteran's knowledge, behaviors, and symptoms” (VANews 2023).

Since 2021 Bowman has lost over 120 pounds. She dedicated herself and her journey, “Bowman committed to core lifestyle changes, including exercising, daily walks, dietary changes and journaling. Consistency was key, but she used the Telemove program to help keep her on track.

To learn more about the MOVE! And TeleMOVE! Programs visit www.move.va.gov/MOVE/index.asp or speak to your Primary Care team” (VANews 2023).

*Thank
you!*