

5TH ANNUAL
VIA2K 2015
WALK + ROLL



MAY 20TH



I WALK + ROLL BECAUSE I CARE
ABOUT MY HEALTH AND OUR VETERANS HEALTH

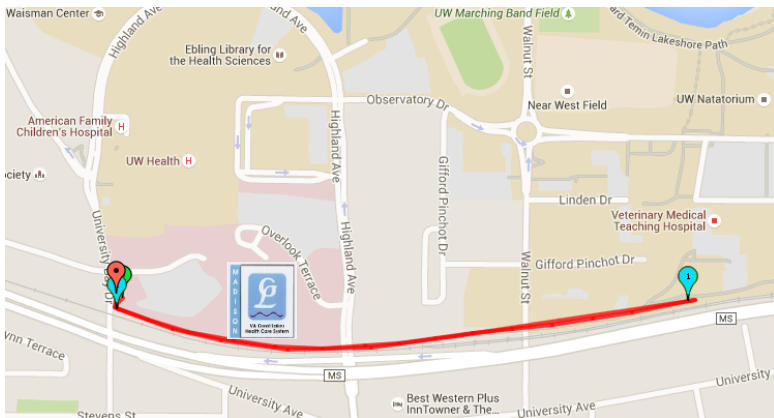


Event Information

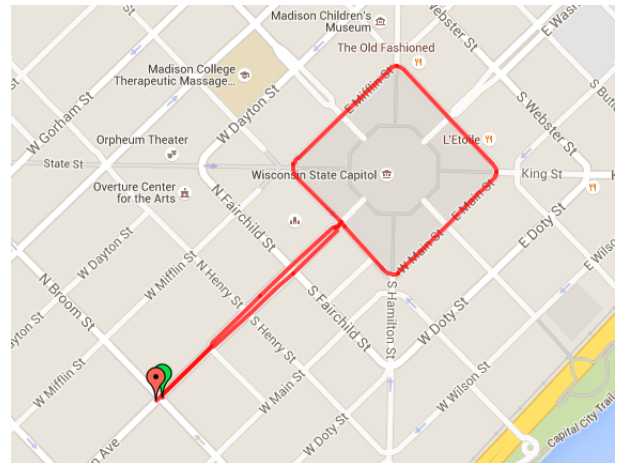
The **5th annual VA2K Walk and Roll** will occur at two sites in the Madison area on **Wednesday May 20, 2015** and will take place between **11am and 1pm**. The William S. Middleton VA Hospital campus site will host participants at Merchant Park under the coordination of Margaret Lenz, Employee Health 608-256-1901 ext. 17271. The Capitol Square site will host participants at the Madison VA Homeless Program office located at 345 W. Washington Ave. Madison, WI under the coordination of Adam Howarth, Homeless Outreach 608-280-2095 ext. 16438.

There is **no fee** for this event! Our goal is to **encourage physical activity** while simultaneously **highlighting the needs of Veterans experiencing homelessness**. Donations will be accepted from participants, but are not required. Please reference the attached list approved by the Madison VA Homeless Program Coordinator.

Madison VA Hospital



Capitol Square



Registration and donation drop-off:
11AM-1PM Wednesday May 20th, 2015
State Capitol Square – 345 W. Washington Ave
Wm. S. Middleton Memorial Veterans Hospital -- Merchant Park



VA Employee Wellness Program
Wellness is Now



Suggested Donated Items List

Please no items from hotels

Shampoo (any size) (must be store bought with ingredients listed)	Foot powder (small sizes)
Bar soap	Toothbrushes (check with your dentist)
Deodorant	Tissue pack (individual small pack)
Disposable razors	Insect repellent
Shaving Cream	First aid supplies such as bandages (E.g. Band aids, antibacterial ointment)
Hand sanitizer (pocket size)	Safety pins
Toothpaste	
Lip moisturizer	
Lotion	<u>For those in transitional housing:</u>
Sunscreen	dishwashing liquid
Comb	window cleaner
Socks and underwear (for men & women)	household cleaners
Towel, light bath	sponges
Towel, small hand	mops
Wash cloth	paper towels
	toilet paper
	garbage bags
	cleaning supplies
	laundry detergent



Registration and donation drop-off:

11AM-1PM Wednesday May 20th, 2015



VA Employee Wellness Program
Wellness is Now

State Capitol Square -- Intersection of S. Carroll St. and W. Washington Ave.

Wm. S. Middleton Memorial Veterans Hospital -- Merchant Park