



November is National Family Caregivers Month



#CaregiverAnd

Hampton VAMC upcoming Events

NOV. 3rd CAREGIVERS MINI RETREAT 10am



<https://veteransaffairs.webex.com/veteransaffairs/onstage/g.php?MTID=ecbe96421b974fe61f22260f38f2f6b82>

NOV. 17th RESOURCE FAIR 10am-12pm



<https://veteransaffairs.webex.com/veteransaffairs/onstage/g.php?MTID=e8e0f50556c59fedf12fa574b4b3f50b8>

NOV. 24th PAMPERING SELF (Using Essential Oils) 10am-12pm



<https://veteransaffairs.webex.com/veteransaffairs/onstage/g.php?MTID=e196aaa0d57d72b4d8fe3b7b74cd64ec2>

OPEN TO ALL CAREGIVERS

For more information contact:

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