



U.S. Department of Veterans Affairs

Veterans Health Administration  
Eastern Colorado Health Care System

**FOR IMMEDIATE RELEASE**  
**Feb. 7, 2023**

**Media Advisory**

**FOR FURTHER INFORMATION:**

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## **VA Eastern Colorado ‘Goes Red for Women’**

AURORA, Colo. – VA Eastern Colorado Health Care System (ECHCS) will host a women’s health event Feb. 9 at Rocky Mountain Regional VA Medical Center in Aurora.

VA ECHCS currently provides care for more than 17,000 women Veterans, one of VA’s fastest growing populations. With heart disease more deadly than all forms of cancer combined, VA “Goes Red for Women” activities help promote heart health nationwide.

“This will be an interactive, educational event to help women Veterans make meaningful life changes that will reduce their risk of heart disease,” said Carole Donsbach, women Veterans program manager, who’s coordinating the event.

From 11 a.m. to 1:30 p.m. in the medical center’s auditorium, women Veterans will find resources to prevent heart disease and stroke through VA and community programs.

Activities will focus on promoting heart health, understanding cardiology, managing stress, cooking healthy, monitoring blood pressure, stopping smoking, understanding wellness and participating in yoga.

For more information, contact the VA ECHCS public affairs office at [vhaechcommunications@va.gov](mailto:vhaechcommunications@va.gov).

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### **VA Goes Red for Women**

**Who:** Women Veterans

**When:** Thursday, Feb. 9, 11 a.m. to 1:30 p.m.

**Where:** Rocky Mountain Regional VA Medical Center Auditorium  
1700 North Wheeling Street  
Aurora, Colorado 80045  
Park in the south patient parking lot