



U.S. Department
of Veterans Affairs

Aleda E. Lutz VA Medical Center
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News Release

FOR IMMEDIATE RELEASE

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We invite any media interested in interviewing our VA staff to learn more about care and services to contact our Public Affairs Officer at 989-497-2500, extension 13010 or e-mail tara.scheuer@va.gov



VA2K Walk & Roll Coming May 17th to Promote Healthy Lifestyles

VA's 13th annual VA2K Walk & Roll event is back with goals of moving the body in support of your whole health and well-being, while also helping homeless Veterans. The event is scheduled for May 17, 2023, at the Aleda E. Lutz VAMC, located at 1500 Weiss St., Saginaw, MI from 10:00 a.m. to 2:00 p.m.



The community is invited to participate in this free VA2K event, which includes a short two-kilometer walk (1.24 miles). It is suggested that participants be at the medical center 15 minutes prior to the start. This year's theme is **Rock the Ages** (sport your favorite band attire.) Participants can register by scanning the QR code.

To help area homeless Veterans, all participants are encouraged to bring a donation of toiletries, paper products, cleaning supplies, bedding sets, brooms, dustpans, shower curtains and bathmat sets. These donations will be collected and distributed to local homeless and/or recently housed Veterans in our community. Donations are not required to participate in the event.

Since 2011, more than \$3 million in material donations have been raised to help homeless Veterans across the country.

"The VA2K Walk & Roll is a positive event for both the community and VA in that it offers participants a way to help homeless Veterans and promote our commitment to whole health and physical activity," said Dr. Sabrina Clark, Acting Medical Center Director.

Community groups interested in participating in the event should contact the local VA2K coordinator, Carly Huffman at 989-497-2500, extension 11773.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center. It provides care to over 40,126 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans can also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.va.gov/saginaw-health-care/.

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