



NORTH CAROLINA VFW

## Veteran and Military Family Health and Wellness Expo

Saturday, October 5, 2019

Embassy Suites – 201 Harrison Oaks Boulevard, Cary, NC 27513

### Schedule of Events

#### “March Out Hunger” Food Drive to benefit the Food Bank of Central & Eastern NC {September 1 – October 5}

Food drop locations:

VFW Post 7383 – 522 Reedy Creek Road, Cary, NC 27513  
Embassy Suites – 201 Harrison Oaks Boulevard, Cary, NC 27513  
Humana Market Office – 2000 Regency Parkway, Cary, NC 27518

To make a financial contribution to the Food Bank: [Click here](#)

#### Dare to Care 2.0 Mile Walk – Together, we WILL change the stigma surrounding mental health!

- 6:15 – 6:45 a.m.: Walk Registration: [Register Here](#)
  - *Registration Fee is a \$10 contribution or \$10 worth of food donation to the Food Bank*
- 6:55 a.m.: National Anthem
- 7:00 – 7:20 a.m.: Walk from Embassy Suites to Veterans Freedom Park
- 7:25 – 7:35 a.m.: Missing Man Table Ceremony at Veterans Freedom Park
- 7:40 – 8:00 a.m.: Walk from Veterans Freedom Park to Embassy Suites

#### Veteran and Military Family Health and Wellness Fair

8:30 a.m. – 1:00 p.m.

Receive Flu Shots, Health Screenings, Donate Blood, and more from our vendors:

#### Vendors

Fitbit  
Food Bank of Central & Eastern NC  
Humana

Humana Military  
Silver Sneakers  
Stop Vet Suicide

Walgreens  
More will be added

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