



# THE VETERANS WELLNESS WATCH 2022



**GATHER TOGETHER. TAKING CARE OF OUR OWN. TOGETHER.**

**TO KICK OFF THIS Veterans Day weekend, on November 10, 2022, join us for an exciting day commemorating the brave soldiers who have served our country. The event is call VETERANS WELLNESS WATCH 2022. It is sponsored by TVCMN, OAKSTOP, VFW (East Bay Police & Fire VFW Post 2727), and Kaiser Permanente. Our event is particularly looking for unhoused veterans, especially in the encampments of our community. We'd like to give out backpacks filled with hygiene essentials to the homeless: so, if you know of a veteran who can **verify** their vet status, please help us spread the word!**

**This will be a day of REST, RELAXATION and RESOURCES! Want to find out about your bennies and how to apply? Need to put in a claim? Talk to our Veterans Service Officers and National Service Officers from DAV. Kaiser Permanente representatives will be on hand talk to you about Medicare, Medi-Cal, and how to keep your VA health benefits! Refreshments will be served. There will be informational booths on a variety of vet related topics, demonstrations of techniques that will help veterans with health issues and even free haircuts!**

**DATE: 10 NOVEMBER 2022**  
**TIME: 10A-4PM**  
**WHERE: 200 Grand Ave Oakland, CA 94610**  
**THE VETERANS MEMORIAL BLDG.**

**MORE INFO? CALL DIANE AT 510.925.4051/510.435.7266/diane.w@tvcmn.org**

**SPONSORED/SUPPORTED BY:**



The Veterans Community Media Network  
**T.V.C.M.N.**

**OAKSTOP**  
work + space + art

**OAAAC**  
OAKLAND AFRICAN-AMERICAN  
CHAMBER OF COMMERCE

**KAISER PERMANENTE**  
Senior Advantage

**FAST IMAGING**

**DAV**  
FULFILLING OUR PROMISES  
TO THE MEN AND WOMEN WHO SERVED  
CHAPTER OAKLAND, CA

**Rotary**  
Club of Oakland - # 3

**Oakland Public Library**

**OWH Studios**

**RHE Charitable Foundation**  
Dedicated to the arts, human resources and the environment

**Swords to Plowshares**  
VETS HELPING VETS SINCE 1974

**PLEASE DONATE TO T.V.C.M.N.!**

**MASKS ARE REQUIRED**



**The City of Oakland  
 Salutes Its  
 Community Veterans**