

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Milwaukee VA Medical Center

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News Release

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FOR IMMEDIATE RELEASE

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Female Veterans invited to connect at Milwaukee VA retreat

MILWAUKEE — An event to bring female Veterans together to revel in their camaraderie and boost their physical, emotional, mental and spiritual health will take place April 26.

The [Women Veterans Retreat](#), hosted by the Milwaukee VA Chaplain Service, will be 9 a.m. to 3:30 p.m. at the War Memorial Center, 750 N. Lincoln Memorial Drive.

“The goal is connecting women Veterans,” said U.S. Marine Corps Veteran Dona Drew, community engagement and partnership coordinator for the Milwaukee VA. “This is an opportunity for them to network, learn more about themselves ... and to reminisce about when they were serving.”

The schedule:

- 9 a.m.: Tea time, resource tables
- 10 a.m.: Welcome, panel discussion
- 10:45 a.m.: Breakout sessions
- Noon: Lunch, resource tables
- 1 p.m.: Breakout sessions
- 2:30 p.m.: Memorial walk
- 3 p.m.: Closing blessing

The panel discussion will feature female Veterans sharing their stories. Breakout sessions will address a variety of wellness topics. The memorial walk, to nearby Veterans Park, will allow participants to reflect on the day and remember lost comrades. About 20 groups that aid female Veterans will have resource tables at the event.

Despite being the military’s fastest-growing demographic, women comprise only about 10 percent of Veterans, and it’s not uncommon for them to feel marginalized, unrecognized and disconnected.

“This is a unique opportunity to really connect and to share the struggles and the victories,” said Milwaukee VA Public Affairs Specialist Katie Eggers, currently serving with the Wisconsin Army National Guard, noting that female Veterans form strong bonds.

“When you run across somebody who has been through similar stuff, you feel validated,” she said.

[Click here to learn more about the retreat and how to register.](#)

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NOTE TO MEDIA: *Please include this in your community calendars. You are also welcome to cover*

the event. Please RSVP to Milwaukee VA Public Affairs at vhamiwpublicaffairs@va.gov.