

Eating and living healthy are VA Med Center's aims

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Program will honor Women's History Month

Nutrition and healthy lifestyles will be the topic of discussion during a program today at the Lake City VA Medical Center.

The EEO Federal Women's Program Managers are jointly providing a program entitled "Healthy Eating and Lifestyles of Women."

The program will take place 1 p.m. today at the Lake City VA Medical Center Auditorium. The nation theme for the event is "Our History is our Strength."

Marion Korzec, Chief, Nutrition and Food Services and Lynn Schmidt, Clinical Nutrition Specialist will provide a cooking demonstration as well as sample foods to those in attendance at the program.

Cindy Gaylord, North Florida/South Georgia Veterans Health System assistant public affairs officer, said the Lake City VA Medical Center has hosted the program for more than 15 years.

Lake City VA Medical Center Acting Associate Director, Maureen Wilkes will provide welcoming comments for the program. "The celebration of Women's History Month and learning about women's tenacity, courage, and creativity is vital as the stories provide essential role models for everyone," said Wilkes. "At the Department of Veterans Affairs (VA), women play a vital part in the delivery of healthcare to our Nation's Veterans. We honor the contribution of all women during March and continue year round."