



NEWS RELEASE

FOR IMMEDIATE RELEASE

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VA2K Walk and Roll to Support Homeless Veterans and Promote Health and Exercise

May 18th, the Canandaigua VA Medical Center and Rochester VA Outpatient Clinic will host the sixth annual “VA2K Walk & Roll”.

“Healthy employees are happy workers; we need to be well in order to treat Veterans well. VA2K is a great way for our staff to take a few minutes out of their day to support local homeless Veterans, improve their personal health and exercise,” said Rebecca Coats, Employee Health Promotion Certified Wellness Coach. “We want to continue our success and get as many people moving as possible!”

The VA2K Walk & Roll is free and open to people in the community and of all fitness levels.

To participate in your area join your community VA locations from 11 a.m. to 1 p.m.

- Canandaigua VAMC - 400 Fort Hill Avenue, Canandaigua, N.Y. 14424, Building 4, Canteen Vending Room
- ROPC - 465 Westfall Road, Rochester, N.Y. 14620.

Pre-registration is not required to those interested in participating and is open to people of all fitness levels.

In the event of inclement weather, the Canandaigua VA2K will take place in the connected tunnel and the ROPC event will be rescheduled to May 19 from 11 a.m. to 1 p.m.

In conjunction with the event, Volunteer Service will be accepting gifts and donations for VA’s local Homeless Veterans program. While not required to participate, a donation is an excellent opportunity to support VA and its initiative to end homelessness among Veterans.

For additional information and more event details, please contact the local VA2K coordinator, Rebecca Coats RN at (585) 393-7282 or via email at rebecca.coats@va.gov.

Please visit the Canandaigua VAMC [News and Events calendar](#) and [Facebook page](#).

The Canandaigua VA Medical Center is located at 400 Fort Hill Avenue, Canandaigua, NY.

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