



OR IMMEDIATE RELEASE

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### **VA2K Walk and Roll Supports Homeless Veterans and Promotes Physical Activity**

Long Beach, Calif. – The VA Long Beach Healthcare System will host a VA2K Walk and Roll on May 21, at 11:30 a.m. to encourage healthy activity while supporting homeless Veterans with donated food and clothing items.

The VA2K Walk and Roll is free and open to employees, Veterans, and the general public. The VA Long Beach Healthcare System VA2K will begin and end outside the Courtyard Area (formerly known as the Bestaurant). Rolling start times will be at 11:30 a.m., 12:00 p.m., and 12:30 p.m. Pre-registration is not required and those interested in participating should plan to arrive no later than 11:15 a.m.( or 15 minutes prior to start time).

The VA Long Beach Healthcare System event is just one of many VA2Ks taking place May 21 at other VA facilities across the country. In conjunction with the event, Volunteer Services will inform participants of VA's willingness to accept gifts and VA Long Beach Healthcare System need for in-kind gifts to be used to carry out existing VA programs for homeless Veterans. However, there is no requirement for a donation in order to participate.

The event is open to people of all fitness levels and can be done over a lunch break. Whether you team up with a coworker, a friend, or participate on your own, there's no better time than now to step up your fitness level and help improve the lives of homeless Veterans. For additional information and more event details, please contact the local VA 2K coordinator, Elizabeth Guerrero at (562) 826-8000 x7522 or via email at [Elizabeth.Guerrero@va.gov](mailto:Elizabeth.Guerrero@va.gov)

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