



# SEPTEMBER EVENTS

## FOOD DISTRIBUTIONS

- JOHNSTOWN MILITARY SHARE
  - Tuesday, September 29th at 1 PM
    - 727 GOUCHER STREET  
JOHNSTOWN, PA 15905
- Pittsburgh Veterans in need of food assistance: Contact us at 412-481-8200

## CAREER DEVELOPMENT

### VETERAN VIRTUAL HIRING EVENTS

- Wednesday, September 9TH 12-2 PM
  - Register: <https://bit.ly/32vzDbk>
- Wednesday, September 23RD | 5-7 PM
  - Register: <https://bit.ly/3gyG4Q5>

Join VLP's Veteran Career Development team for a virtual hiring event with our region's most Veteran friendly employers!

For more info contact:

[CareerDevelopmentTeam@vlpwpa.org](mailto:CareerDevelopmentTeam@vlpwpa.org)

## WOMEN VETERANS

- VIRTUAL BOOK CLUB
  - Tuesdays at 12 PM
    - Via Zoom
- COFFEE, TEA & CHAT ZOOM MEETING
  - Thursdays at 9 AM
    - Via Zoom

For more info contact: [gerhauserp@vlpwpa.org](mailto:gerhauserp@vlpwpa.org)

## MISSION: WELLNESS

- MONDAY MORNING MILES
  - September 14, 21, 28 at 8:30 AM
    - Millvale Riverfront Park Gazebo
- TUESDAY TRAILS ZOO HIKES
  - September 1, 8, 15, 22 at 4:15 PM
    - PITTSBURGH ZOO
- WEDNESDAY WORKOUTS
  - September 2, 9, 16, 23, 30 at 4:30 PM
    - VLP Pittsburgh Office
- MEDITATION AND MINDFULNESS: STRESS MANAGEMENT TECHNIQUES
  - September 3rd at 12 PM
    - Via Zoom

For more info contact: [buzzards@vlpwpa.org](mailto:buzzards@vlpwpa.org)