

**March is Women Veterans Month**  
**Veterans of Foreign Wars FW Department of PA**  
**Women Veterans Retreat**  
**March 29-31, 2019**

**Location:** Hampton Inn & Suites Ephrata / Mountain Spring, 380 E Main St, Ephrata, PA 17522  
 This event provided [mostly] free of charge through donations; we ask participants pay a small portion of their room reservation (\$15.00 / night). Optional chair massages will be offered at an additional fee.

<b>Friday, March 29</b>	1800 - 1930	Event registration (RSVP if overnight room is needed) (Room paid for by VFW, \$15 registration fee per night)
	1930 - 2100	Meet & Greet with Department of PA VFW Commander Hanzes, Cocalico Valley VFW Post 3376 "The Ephrata VFW", 141 S. State Street, Ephrata, PA 17522 <i>(Open attendance-complimentary food and beverages provided)</i>
<b>Saturday, March 30</b>	0600-1000	Complimentary Hot Breakfast, Hampton Inn
	0830 – 1130	Various Workshops / Seminars Bethany UCC, 140 E. Main St., Ephrata (0.1 mile away)
	1130-1300	Lunch
	1300-1630	Various Workshops / Seminars Bethany UCC, 140 E. Main St., Ephrata (0.1 mile away)
	1800	Dinner with a Special Guest from PA VFW HQ, Cocalico Valley VFW Post 3376 "The Ephrata VFW", 141 S. State Street, Ephrata, PA 17522
<b>Sunday, March 31</b>	0600-1000	Complimentary Hot Breakfast, Hampton Inn
	0900	Church Service at Bethany UCC (optional) Veterans will be recognized; fellowship afterwards
		Departure

**Please RSVP (with payment and registration form) by February 23, 2019**  
**to Amy MacKenzie [quartermaster@ephratavfw.org](mailto:quartermaster@ephratavfw.org) or 717.575.3982**

Sponsored by fellow VFW Posts throughout Pennsylvania-No One Does More for Veterans

**Tentative Workshops**

- VA Healthcare Benefits – How to Advocate for Yourself and Receive Proper Care in the VA
- Caring for your family – children, spouse, parents – and YOURSELF!
- Mental Health Awareness
- Nutrition Counseling for all Stages of Life
- Planning Ahead – "Wills for Heroes"
- Public Speaking – How to be Confident, Decisive, and Assertive
- Motivational Speaker – to be announced

*Chair Massages will be offered throughout the day; this is optional and has an additional fee*