

www.forwomenvets.org
htw@forwomenvets.org

904-862-6039

103 Century 21 Drive, Suite 201
Jacksonville, FL 32216

We are so proud of our **HerTOTALWellness** program! This 6-week program, which started in 2017, designed to empower women veterans on their path to self-sufficiency by addressing their holistic needs. The program focuses on three primary domains of wellness: *Body, Mind, and Economic Empowerment.*

Why should women sign up?

Not only do participants learn about different topics that encourage continuous personal and professional development, but they also get to experience fun, self-care workshops such as yoga and art therapy. They even get to go on a FREE weekend retreat after they graduate. All of this is provided free to our women thanks to our amazing partners such as the *Florida Blue Foundation, Disabled Veterans National Foundation, Wounded Warrior Project, and the Salah Foundation.*

What is unique about this program is that it offers a plethora of resources and benefits that women veterans are entitled to and some that are unique to women veterans. The workshops are held via ZOOM on Tuesdays and Thursdays, from 9:30 am to 12:30 pm. However, some hours may vary during art or group therapy. To sign up or to ask for more information, email htw@forwomenvets.org



VIRTUAL WORKSHOPS

- Employment Preparation
- Goal Setting & Journaling
- VA Claims & Benefits
- Time Management
- Transition Challenges
- Nutrition, Health & Wellness
- Self-Care
- Financial Fitness
- Stress Management
- Professional Options
- Finding Resource
- Community Engagement
- Dress for Success
- Suicide Prevention

UPCOMING COHORTS

Cohort 18: Feb 2 – Mar 11
Cohort 19: Mar 30 – May 6
Cohort 20: Jun 22 – Jul 29

Cohort 21: Aug 17 – Sep 23
Cohort 22: Oct 12 – Nov 18