



WOMEN VETERANS IGNITED (FORMERLY) NORTHEAST FLORIDA WOMEN VETERANS



P R E S E N T S

She's 50 and Counting

SOCIAL SECURITY

What's in my social security account?
When can I apply?
What are my options?

READY!

SELF-CARE

I'm taking care of everyone else! What about ME? When will I have the time for me?

SET!

MENOPAUSE

I don't have a clue. What's happening to my body? What is the big deal? The flash that is hot!

GO!

ESTATE PLANNING

I don't have much, why plan? I wrote it down..why do I need more? I have time.

AND GOING!



THINGS THAT SNEAK UP ON YA!

APRIL 18, 2026

8:30AM-9:00AM BREAKFAST

9:00AM - NOON - EVENT

SALEM CENTRE

7235 BENTLEY RD,

JACKSONVILLE, FL 32256



COST: \$10.00

USE QR CODE OR LINK FOR TICKETS

bit.ly/sheis50andcounting

904-862-6039

www.forwomenvets.org