

**Tennessee Valley Healthcare System
Women Veterans Program
Welcome Military Women & Veteran Women for Fellowship and Fun!**

**No Referral Needed
No Cost
Call to RSVP: Carolyn K. Smith 615-339-6640**

Hat Looming/Knitting

March 12, 2021

10AM – 12PM

Telehealth Video Connect
(Video Chat)



Have you ever wanted to learn how to make knit hats for babies, children, or adults? Just grab some yarn, a loom, and crochet hook that's all you need to get started. Once you master this the possibilities are endless; scarfs, headband, flowers, t-shirt rugs, gift pouch, leg warmers, blankets, and more.

Macramé

April 9, 2021

10AM – 11AM

Telehealth Video Connect
(Video Chat)



What is Macramé?

It's the art of knotting to create decorative designs; key chains, boho feathers, jar hangers, hall hangers, and more.

Now you can take this to new levels. Continue to advance your skills and create beautiful masterpieces.

Yoga Event

May 14, 2021

10AM – 12PM

Telehealth Video Connect
(Video Chat)

Benefits of Yoga in your life:

- Decrease Stress
- Relieves Anxiety
- Help reduce Depression
- Improves Flexibility and balance, and many more benefits.



Grab a yoga mat if you have one, if not that's okay too. All skill levels welcome.

Come and join us for some fun. We all can learn together and move forward for Well-Being and Health.

More details on the Facebook page: www.facebook.com/VATVHS/



U.S. Department of Veterans Affairs
Veterans Health Administration
Tennessee Valley Healthcare System