



**COMING TOGETHER  
FOR BETTER HEALTH  
AND HELPING HOMELESS  
VETERANS**

**HELD IN CONJUNCTION  
WITH NATIONAL  
EMPLOYEE HEALTH DAY**

**7TH  
ANNUAL**



**WALK  
AND  
ROLL**

**May 17th, 2017**

**Registration: 11 am in the JB Courtyard**

**Walk & Roll: 11:30 am-1:30 pm**

**2K = 2 laps around the medical center**

**Donations for Homeless Veterans are encouraged!**

**I walk & roll because  
ICARE about my health  
and our Veteran's health**



For more information, contact Shari Pollack: [shari.pollack2@va.gov](mailto:shari.pollack2@va.gov)

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## Suggested Donations

Help Homeless Veterans by bringing a donation of household items and/or clothing to the Jesse Brown Courtyard on the day of the event, May 17. Items may also be dropped off at the Voluntary Service office (room 4245 Taylor) beginning May 8, 2017. The office is open Monday through Friday from 7 am-3:30 pm, and all donations are tax deductible. Please complete a donation form so we can send you a thank you letter.



Items should be **very** gently used or new (items with an asterisk\* must be new). Clothing must be laundered and folded or hung on hangers.

Household Items		
Bath towels & wash cloths*	Dish towels & dish cloths*	Shower curtain & rings*
Brooms*	Dishes	Silverware
Buckets*	Frying pans	Toilet bowl brush*
Cleaning supplies*	Garbage cans	Toilet paper*
Cooking pots	Mop*	Phone cards
Cooking utensils	Paper towels*	Ventra cards
Clothing		
Men's belts	Women's jeans	
Men's pants (jeans & khakis are best)	Women's socks*	
Men's shirts	Women's underwear & sports bras*	
Men's shoes	Men's socks*	
Men's underwear*		

\*Must be new

Questions about donations? Contact Voluntary Service at 312-569-6109.

Questions about the VA2K event? Contact Shari Pollack at [Shari.Pollack2@va.gov](mailto:Shari.Pollack2@va.gov) or 312-569-5361.