



**VA**  
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in the 21st Century

**VA Health Care Upstate New York**  
**VA Western New York Healthcare System**  
3495 Bailey Avenue | Buffalo, NY 14215  
222 Richmond Avenue | Batavia, NY 14020  
[www.buffalo.va.gov](http://www.buffalo.va.gov)

**FOR IMMEDIATE RELEASE**

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**Wellness Event for Veterans and VA Employees**

BUFFALO, NEW YORK – VA Western New York Healthcare System is holding the 3rd Annual **Fall Into Wellness Fair**, Wednesday, October 5 at the Buffalo site, 3495 Bailey Avenue in Freedom Hall (room 301). The event takes place from 11am – 1pm with staff on hand offering tools to keep Veterans and employees healthy. Tobacco cessation tools, flu vaccines, diabetes health, bright light therapy along and more will be featured at the event! In addition, a one skillet Mexican quinoa dish will be demonstrated and offered through the healthy teaching kitchen for everyone to try.

Practicing healthy living generally makes people feel well and have more energy than people who do not practice healthy habits. These healthy habits contribute to better quality of life and disease prevention.

For more information about the event, contact Shamale McMillan at 716-862-8803.

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