



# bulletin

National Veterans Affairs and Rehabilitation Commission

1608 K Street, N.W. • Washington, D.C. 20006

Michael D. Helm, Chairman - Nebraska

Verna L. Jones, Director - North Carolina

VA&R archived Bulletins can be  
found at [www.legion.org](http://www.legion.org).

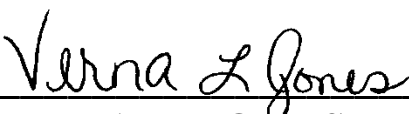
04-12

February 1, 2012

## HAVE YOU HEARD?

Heart disease is the #1 cause of death for women and women Veterans. VA encourages all to recognize National Wear Red Day, Friday, Feb. 3, by sporting some red to help raise awareness of heart disease for all women. Learn about the connection between heart disease and high blood pressure, high cholesterol, physical inactivity, diabetes, and obesity. Visit [www.womenshealth.va.gov](http://www.womenshealth.va.gov) for tools and resources to help promote heart health for women.

.....

  
VERNA L. JONES, Director  
National Veterans Affairs and  
Rehabilitation Commission