

Women Veterans ROCK! Hearts Military Women and Military Families

WASHINGTON, DC, USA, February 14, 2018 /EINPresswire.com/ -- In celebration of Valentine's Day Women Veterans ROCK! is encouraging women veterans across America to know your numbers. The American Heart Association recommends that men and women know their Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BWI). It's important to know your numbers because it can save your heart.

As military women and the anchors of military families, it's important to take care of your health. That's why Women Veterans ROCK! is preparing the [Women Veterans 2020 Delegation](#), comprised of 100 of the region's leading Military Women and Military Advocacy Organizations, to convene on Capitol Hill on March 15, 2018, for the [2018 Women Veterans Public Policy Day](#).



What better way to ensure that Women Veterans gain a clear understanding of health policies and other regulatory mandates than to go straight to The Hill.

Women Veterans Delegates will have the opportunity to visit with Congressional Members, Senate Leaders, and Hill Staffers to learn about: Congress; the public policy-making process; and share their experiences, challenges, and victories with The Delegation and Legislative Leaders.

To learn more about Women Veterans ROCK! or Public Policy Day on Capitol Hill, please visit www.womenvetsrock.org.

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Women Veterans ROCK! is a Coalition of Women Veteran Organizations and Women Advocacy Organizations Supporting Women Veterans and Military Families. The non-partisan, nonprofit support Military Women and Military Families with Housing; Employment; Education; Financial Stability; Health & Wellness.

Angel Livas

Women Veterans ROCK! / The Healthy Caregiver Foundation

215-836-4262

email us here

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