

OSCAR

Hospitality

Veterans' Health Week: September 22 – 30

This week is Veterans' Health Week (VHW), from Saturday, 22 September to Sunday, 30 September.

The theme is **Nutrition**.

The Department of Veterans' Affairs is partnering with ex-service organisations and community groups to organise and participate in fun events that highlight the importance of improving and maintaining good health.

Events based on this year's theme of Nutrition will help veterans and current serving Australian Defence Force members and their families to eat better and smarter. Good nutrition is essential for an individual's health at all ages. Eating well plays a key role in reducing the risk of developing a range of chronic health conditions.

If you would like to attend a VHW event, please review the event schedule for your State/Territory. If required, please contact the event organiser by the RSVP date.

Veterans' Health Week

[Event ideas, product list and resources](#)

Each State and Territory has a VHW contact.

More information:

<https://www.dva.gov.au/health-and-wellbeing/health-events/veterans-health-week>

