



# VOSC NEWS

June 2024

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**Veterans talk with vendors at our recent Renew, Refresh & Rebalance event.**  
*More photos on Page 2 & 3*

## Spotlight On:

### **RENEW, REFRESH & REBALANCE**

**On May 24, several providers, Veterans and their friends/family members joined us in Cohesion Fitness & Health Center for an afternoon of fun and education. Veterans were able to participate in several workshops like Meditation, Healthy Cooking Class with Eat Well Buffalo and Buffalo Go Green, Hypnosis, VA S.A.V.E., chair massages, Healthy Relationships...**





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## Spotlight On:

# ***RENEW, REFRESH & REBALANCE***

**...and fitness demonstrations from Cohesion fitness instructors. We also gave away two fantastic baskets and a bike to three of the Veterans who attended!**



**Sally of Eat Well Buffalo made the room smell wonderful!**







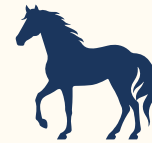
## RRR Cont.





## Spotlight On: **PEER SUPPORT**

This upcoming summer will be full of amazing Peer Support events, and are as always free for Veterans! Some upcoming events to take note of are:

**6/8****PUPPIES & PILATES****KAYAKING****6/21****6/20****MOUNTAIN ROSE FARM****FAMILY FISHING DAY****7/13**

## *DID YOU KNOW?*

According to Mental Health America, Peer Support has been shown to improve quality of life and whole health! (Plus, it's FUN!)

**Check out what we have going on!**

[www.vocwny.org](http://www.vocwny.org)**Peer Support  
Events****Select your  
County!**

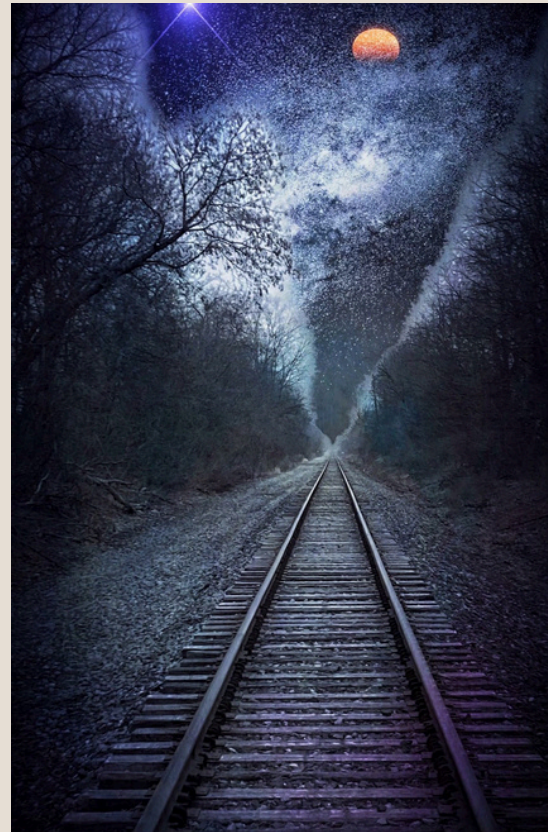




## APRIL PHOTO CONTEST WINNERS



APRIL'S THEME: "UNIQUE"



Top left, 1st place:  
Gerald Napier  
Top right, 2nd place:  
Mike Marinell  
Bottom, 3rd place:  
Ray Jones



## VEHICLES 4 VETS BEGINS NOW!

We're partnering with Basil Family Dealerships once again for the 8th Annual Vehicles for Vets event! Vehicles For Vets and First Responders is a summer-long event in which a Veteran, active serving military member, or first responder can win a new vehicle. And this year, four vehicles will be given away!

Nominate someone NOW at [www.basilvehiclesforvets.com](http://www.basilvehiclesforvets.com)!



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# VETERANS ONE-STOP CENTER MEAT RAFFLE



**JUNE 15, 2024**

**Arcade VFW Shelter**

**550 W Main St., Arcade**



**-INSIDE ARCADE VFW, EAST AURORA  
LEGION OR ONLINE AT [WWW.VOCWNY.ORG](http://WWW.VOCWNY.ORG)**



**DOORS OPEN @ 4PM  
FIRST SPIN @ 5PM**

**BASKET  
RAFFLE!**

**-BYO SNACKS & TREATS! NO OUTSIDE ALCOHOL-**

**-ADMISSION INCLUDES DOOR PRIZE ENTRY-**

**-FIRST 2 BEVERAGES ARE FREE-**

**-CASH BAR AVAILABLE-**