



Media Release

The Hon Alan Griffin MP
Minister for Veterans' Affairs
Minister for Defence Personnel

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Thursday 15 July 2010

LETTER TO THE EDITOR – VETERANS' HEALTH WEEK 19-25 JULY 2010

Dear Editor,

Eating a balanced diet is one of the most important things you can do for your health and wellbeing at any age. Yet more than half of Australian adults don't pay enough attention to diet and exercise to avoid medical problems later in life. It's no different for Australia's veteran community.

Veterans' Health Week, 19-25 July, is an opportunity for veterans, war widows, widowers and their families to learn about healthy eating. This year's focus is on nutrition – encouraging members of the veteran community to think about their health and wellbeing and consider making positive changes to their diet to live a stronger, healthier and happier life.

The Department of Veterans' Affairs has partnered with ex-service organisations and community groups to develop a program of *Veterans' Health Week* activities at a local level.

A variety of fun and interactive events will be held around Australia. These include fresh food markets, celebrity chef demonstrations, BBQ cook offs, nutrition expos, organic gardening, even Indigenous food exploration.

Cooking and preparing healthy food doesn't have to be a chore and it's never too late to learn new techniques and recipes.

I encourage all veterans and their families to make a healthy change, take part in *Veterans' Health Week* activities in your community and make good nutrition an essential part of your life.

To find out about activities in your area visit www.dva.gov.au or contact your nearest DVA Office on 133 254 (for metropolitan callers) or 1800 555 254 (for non-metropolitan callers). Northern Territory callers please call 1300 551 918.

Alan Griffin MP
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The VVCS – Veterans and Veterans Families Counselling Service can be contacted 24 hours a day, seven days a week on **1800 011 046**.

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