



# HerTOTALWellness

Excelling Beyond My Own Expectations!



We are so proud of our **HerTOTALWellness** program! Developed in 2017, **HerTOTALWellness** is a 6-week program designed to empower women veterans on their path to self-sufficiency by addressing their holistic needs. It is focused on three primary domains of wellness: *Body, Mind, and Economic Empowerment*.

Not only do participants learn about different topics that encourage continuous personal and professional development, they get to experience fun, self-care workshops such as yoga and art therapy. They even get to go on a FREE weekend retreat after they graduate. All of this is provided free to our women thanks to our amazing partners such as the Florida Blue Foundation and the City of Jacksonville.

What's unique about this program is that it offers a plethora of resources and benefits that women veterans are entitled to and some that are unique to women veterans. The workshops are held on Tuesdays and Thursdays, from 9:30 am to 12:30 pm. However, hours are extended to 2:30 pm during Art and Group Therapy. We are currently working on offering evening classes for women who work or go to school during the day.

**HerTOTALWellness is  
funded by grants from**

**Florida Blue**   
Foundation

**DVNF**  
Disabled Veterans  
National Foundation

## Our Workshops

- ◇ Employment Preparation
- ◇ Goal Setting
- ◇ VA Claims & Benefits
- ◇ Workplace Wellness
- ◇ Transition Challenges
- ◇ Nutrition, Health & Wellness
- ◇ Financial Fitness
- ◇ Stress Management
- ◇ Professional Options
- ◇ Finding Resources
- ◇ Community Engagement
- ◇ Dress for Success

For more information or to register for the next Cohort, please email [htw@forwomenvets.org](mailto:htw@forwomenvets.org)