

**The New Mexico Department of Veterans Services**

**Michelle Lujan Grisham** *Governor*

**Sonya L. Smith** *Cabinet Secretary*

**FOR IMMEDIATE RELEASE**

Contact: Ray Seva

*DVS Public Information Officer*

ray.seva@state.nm.us

(505) 362-6089

**DVS to Give VA & State Veterans Benefits Presentation in Tomorrow’s Gallup Online Health & Wellness Event**

**Friday, July 23 (Noon-1:30pm)**

**GALLUP—**New Mexico Department of Veterans Services (DVS) Veterans Service Officers (VSOs) will give a presentation and orientation on VA claims and state veterans benefits during an online health and wellness event on Friday, July 23.

*How to be Financially, Physically, Spiritually, and Mentally Fit”* is from noon to 1:30pm and is presented by the McKinley County Veteran Services Collaborative via the Zoom teleconference platform.

The event starts with the presentation *Mindfulness for Stress Reduction.* DVS VSOs are then scheduled to give their VA claims and state benefits presentation at 12:30.

Wrapping up the event is a 1pm presentation: *YMCA’s Blood Pressure Self-Monitoring Program.*Please register at <https://www.eventbrite.com/e/how-to-be-financially-physically-spiritually-and-mentally-fit-part-ll-tickets-161668395523?aff=ebdssbeac>. The Zoom link will then be sent to you. The event will also be broadcasted on Facebook: @McKinleyCVSC

**###**

**The New Mexico Department of Veterans Services**

The New Mexico Department of Veterans Services (DVS) provides support and services to New Mexico’s 151,000 veterans and their families. DVS treats every veteran, regardless of their rank achieved during military service, with the respect and gratitude befitting someone who has served our country. We strive every day to live up to our agency’s official motto: *Serving Those Who Served.*