WOMEN VETERANS | WYOMING | VIRTUAL

Intuitive Eating for Women Veterans - Virtual Group

Wednesdays, November 4-December 16, 2026 | 1:00-2:00 PM Mountain

WHERE

Online through VA Video Connect; hosted by VA Cheyenne

WHO CAN ATTEND

Women Veterans. Contact the organizer to confirm enrollment and VA Video Connect access.

COST / REGISTRATION

Free.

ABOUT THIS EVENT

A virtual nutrition self-care group focused on a weight-neutral approach, body cues, and a healthy relationship with food. The official page lists November 4, 11, 18, and 25; contact the organizer about later sessions.

OFFICIAL DETAILS / JOIN OR REGISTER

www.va.gov/cheyenne-health-care/events/88936/

OPEN OFFICIAL PAGE ->