



Australian Government
Department of Veterans' Affairs



VETERANS' HEALTH WEEK

Veterans' Health Week 2021 – Event Ideas

COVID-19 Restrictions

With restrictions designed to help protect the Australia community during the COVID-19 pandemic, please consult the public advice available from the Department of Health in your state or territory.

Organisers are encouraged to avoid activities such as bus trips and boat trips as these events require people to gather in close proximity.

Events that will involve face-to-face or in-person activities should include a contingency plan in the event that restrictions change before your planned event. Contact your local Community Support Advisor to discuss options and ideas.

Event Ideas

Below are some event ideas based on the theme of ***Get Moving*** (physical activity),

- Arrange a walking event
- Community meditation, yoga or Pilates class
- Do a fitness challenge or session
- Arrange a dance class
- Arrange a golf day
- Arrange a lawn bowls day
- Have a BBQ with outdoor activities
- Arrange a bike ride
- Go kayaking or surfing
- Arrange for an exercise physiologist talk
- Attend a hobby workshop

Each state and territory has a DVA Veterans' Health Week (VHW) Coordinator who you can contact to discuss event ideas and any aspect of VHW. Please see the DVA website for each state and territory contact. www.dva.gov.au/vhw

General Enquiries

Phone: 1800 VETERAN (1800 838 372)

Email: vhw@dva.gov.au