



Nova Scotia/Nunavut Command
The Royal Canadian Legion

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All Branch Mail Out #51

Date: September 27, 2019

TO: NS/NU Branches
ATTENTION: Branch Presidents
NS/NU Executive Council
NS/NU Zone Commanders
NS/NU Past Presidents

From: Comrade Valerie Mitchell-Veinotte
Executive Director
NS/NU Command, RCL

Subject: Mission VAV

Message: Comrades:

The attached poster is being forwarded for widest dissemination.

Join the mission.



What is MissionVAV?

The VAV Program is designed to improve the health and wellbeing of Canadian veterans and their families.

Can anyone join?

If you're a veteran (or veteran supporter),
the full program is **FREE**
and **SECURE!**



Login to MissionVAV.com and:

- Connect with your peers;
- Assess your health and lifestyle;
- Compete in fun online wellness challenges;
- Build a community that is stronger, healthier and happier.

JOIN TODAY!
www.missionVAV.com

Strive for more – for yourself,
your family and other veterans.