



DuPage  
County  
Illinois

## RECREATION PROGRAM

# JEWELRY MAKING FOR VETERANS

Every Friday (starting 4/27)  
7-8:30pm

This ongoing, free, recreation program is to support women veterans and is in partnership with AllenForce/SheForce.

Participants will learn how to make beautiful jewelry such as: necklaces, bracelets, earrings, rings, etc. All of the supplies are provided and you can take home what you make.



To register visit [www.namidupage.org](http://www.namidupage.org).

For questions, please contact Dana Stewart,  
Recreation Director at NAMI DuPage, 630-752-0066.

This program will take place at  
NAMI DuPage/Community Center  
115 N. County Farm Rd., Wheaton  
(In the Multipurpose Room)



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### Information About AllenForce



AllenForce was incorporated as a 501(c)(3) in May of 2012 to meet the needs of an ever growing Healthy Minds Healthy Bodies program and requests by veterans to offer much more to meet needs not yet being met in the community. Once this not-for-profit organization was formed, other programs and projects have been included so that AllenForce can achieve its goal—To promote a healthy and successful lifestyle for all veterans of all branches of the United States Armed Forces and their loved ones.

### Information About SheForce



SheForce is a trademarked program of AllenForce. Its mission is to empower women impacted by the military with the tools and confidence needed to reconnect and honor themselves as a woman. It teaches tools for relaxation, motivation, and mental focus and provides camaraderie and a support system that balances mental health and well-being through a holistic approach to life.