

Congratulations to VFW Post 1 May Post of the Month

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May 05, 2021

VFW Post 1 in Denver, Colorado, has the special distinction of being the oldest Post in America. For more than 100 years, Post 1 has been dedicated to serving veterans – and they’ve remained determined to continue their unique programs during the pandemic.

While in-person activities are limited, Post 1 is being renovated with members doing most of the work themselves. Yoga sessions hosted at the Post were moved to a virtual format in partnership with Comeback Yoga in Denver. Veterans can attend for free, but donations are accepted and given to the Post 1 Relief Fund to help local veterans in need. Post 1 also has a partnership with the Healing Warriors Program, a nonprofit that helps improve wellness for veterans in an effort to prevent suicide.

In addition, they have continued operating the Veteran’s Arts Council (VAC), a nonprofit founded by Post 1 to provide community and opportunity for veterans. The VAC showcases and mentors veteran artists working in any medium. The VAC works with a select number of civilian artists as well who share a commitment to outreach and veteran integration with the community.

The VAC maintains the Post 1 Art Gallery, one of the largest galleries in the Art District on Santa Fe, and they host artist talks, art walks and other events. Their hope is to empower veterans to use their experiences to create art, see veterans connected in the community and enrich the lives of all citizens.

The VFW is proud to honor the work of Post 1. Thank you to every Post and veteran who, like Post 1, is committed to service and making a difference in their community.

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Are you a veteran with a **#StillServing** story to share? Please visit [vfw.org/StillServing](https://www.vfw.org/StillServing) and submit it today.