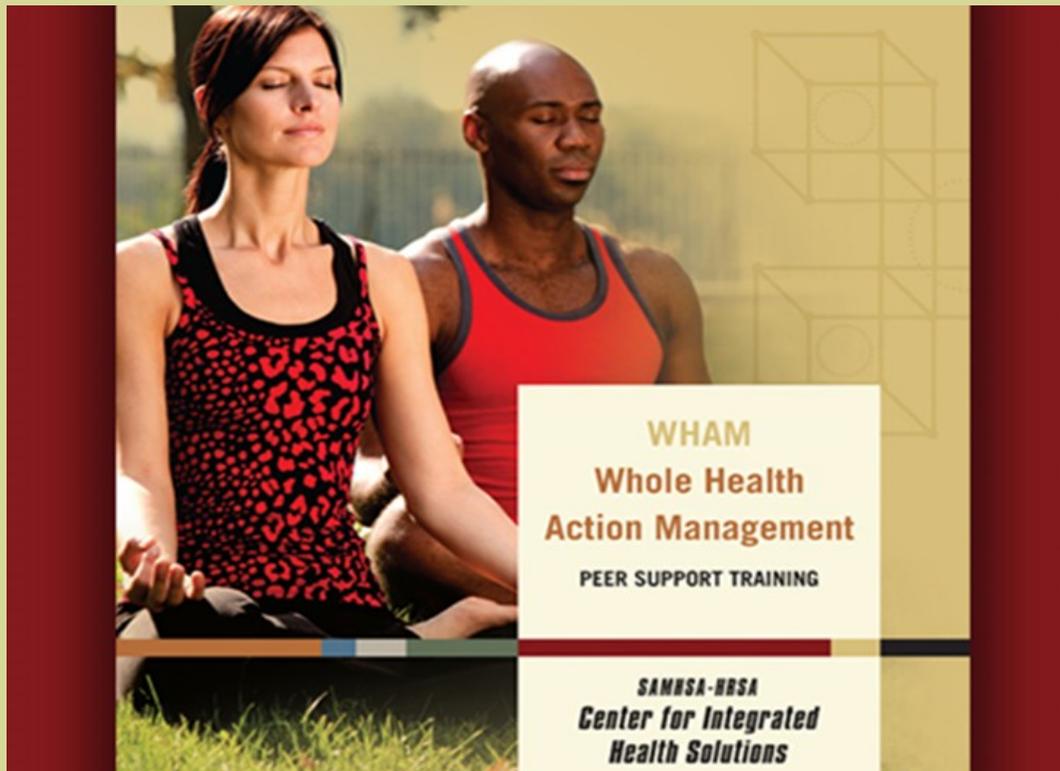


WHAM - Whole Health Action Management

Peer Support Group

Starts June 19



Whole Health Action Management (WHAM) is a 10 week training program and peer support group developed to encourage increased resiliency, wellness, and self-management of physical and behavioral health conditions among Veterans. The one hour weekly WHAM group is open to any VA Central Iowa Veteran but may be especially important for Veterans with serious or chronic physical or mental health conditions who want to learn skills to improve and better manage their health.

June 19 Session 1 - Welcome and Introduction
July 10 Session 3 - Improve Your Health
July 24 Session 5 - Maintaining a Positive Attitude
August 4 Session 7 - Health Screening
August 18 Session 9 - Keys to Success 2 & 3

June 26 Session 2 - The Science of Stress
July 17 Session 4 - The Power of Human Connections
July 31 Session 6 - Connecting with More Than Self
August 11 Session 8 - Key to Success 1
August 25 Session 10 - Keys to Success 4 & 5

WHAM Facilitator - Larry Kadoun Certified Peer Support Specialist

Contact Larry at Larry.Kadoun@va.gov or 515-699-5999 ext. 4903

WHAM meets Fridays at 1:00 pm in Room 3506