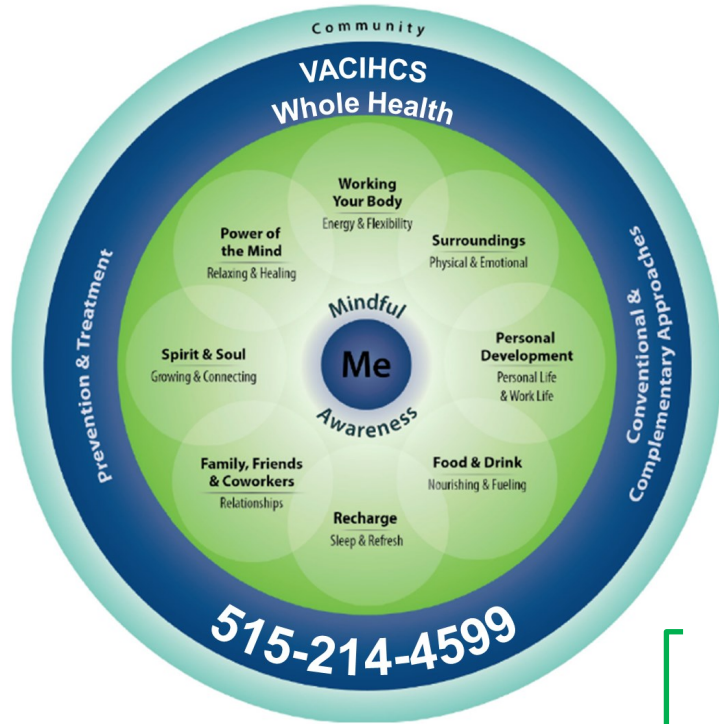


WHOLE HEALTH



Whole Health is an approach to health care that **empowers** and **equips** people to take charge of their health and well-being, and live their life to the fullest. Whole Health goes beyond illness, injuries, or disabilities. It focuses on individual motivations and includes self-care and complementary therapies (such as acupuncture, mindfulness, and yoga), along with existing medical care. Whole Health strives to engage patients as a more active partner in their health care team.

Veteran can also attend twice monthly orientation groups to get started.

Questions or more info?
Contact Natasha Merten,
Program Manager, x3072.
Or Dr. Kinderdietz,
Clinical Director, x4177.

PLEASE JOIN US FOR A
**WHOLE HEALTH
ORIENTATION**
Located in Building 4,
Room 1152 or 1140

No RSVP necessary,
just show up!

| Date | Time |
|----------------|----------------|
| August 8th | 10am-12pm |
| August 23rd | 12:30pm-2:30pm |
| September 5th | 10am-12pm |
| September 20th | 12:30pm-2:30pm |

| GROUP NAME | DAY AND TIME |
|-----------------------------------------|----------------------------------------------------|
| Chair Yoga #99023705 | Tuesdays, 2pm—3pm |
| Yoga #9992512005 | Thursdays, 4pm—5pm |
| Trauma Yoga #9992512001 | Tuesdays, 9am—10am AND 5pm—6pm |
| Mindfulness #9992512004 | Thursday, 2pm—3pm |
| Tai Chi #99925321241 | Wednesdays, 4pm—5pm |
| Pain 101 & 102 | Every 1st and 3rd Wednesday, 1pm—2:30pm |
| Pain 103 & 104 | Every 4th Wednesday, 1pm—2:30pm |
| HOPE Chronic Pain #99223609 | Tuesdays, 1pm—3pm. Cohort-based, must be enrolled. |
| Healthy Living & Tobacco Free | Fridays, 1pm—2pm (Bldg 12, Room B105) |
| Taking Charge of My Life and Health | Mondays, 1pm—2pm |
| Cognitive Behavior Therapy #99925321247 | Fridays, 11am—12pm |

Just Show Up! Drop-in and Try a Class!

ALL CLASSES HELD IN BUILDING 7, ROOM 101 unless otherwise noted.

AUGUST 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----|
| | | | | 1 2pm–Mindfulness 4pm–Yoga 7pm–Phone-Based Yoga Nidra | 2 11am–CBT 1pm–Healthy Living (Bldg 12, Rm B105) Rm B105) | 3 |
| 4 | 5 1pm–Taking Charge of My Life and Health | 6 9am–Trauma Yoga 2pm–Chair Yoga 5pm–Trauma Yoga | 7 1pm–Pain 101/102 4pm–Tai Chi | 8 10am–Orientation (Building 4) 2pm–Mindfulness 4pm–Yoga | 9 11am–CBT 1pm–Healthy Living (Bldg 12, Rm B105) | 10 |
| 11 | 12 1pm–Taking Charge of My Life and Health | 13 9am–Trauma Yoga 1:30pm–Healthy Kitchen 2pm–Chair Yoga 5pm–Trauma Yoga | 14 4pm–Tai Chi | 15 2pm–Mindfulness 4pm–Yoga 7pm–Phone-Based Yoga Nidra | 16 11am–CBT 1pm–Healthy Living (Bldg 12, Rm B105) | 17 |
| 18 | 19 1pm–Taking Charge of My Life and Health | 20 9am–Trauma Yoga 2pm–Chair Yoga 5pm–Trauma Yoga | 21 1pm–Pain 101/102 4pm–Tai Chi | 22 2pm–Mindfulness 4pm–Yoga 7pm–Phone-Based Yoga Nidra | 23 11am–CBT 12:30pm–Whole Health Orientation (Building 4) 1pm–Healthy Living | 24 |
| 25 | 26 1pm–Taking Charge of My Life and Health | 27 9am–Trauma Yoga 2pm–Chair Yoga 5pm–Trauma Yoga | 28 1pm–Pain 103/104 4pm–Tai Chi | 29 2pm–Mindfulness 4pm–Yoga 7pm–Phone-Based Yoga Nidra | 30 11am–CBT 1pm–Healthy Living (Bldg 12, Rm B105) | |

Phone-Based Mindfulness: dial 1-800-767-1750, access code 54220#

Phone Based Yoga Nidra: dial 1-800-767-1750, access code 24953#

Healthy Teaching Kitchen: MUST REGISTER by calling 515-699-5999 x93956 **HOPE Group:** MUST REGISTER by calling Jamie Erixon 515-699-5999 x4423

IF ATTENDING ANY GROUP AT A CBOC, PLEASE CONTACT 515-323-1407 TO CONFIRM AVAILABILITY AND SCHEDULE VIA TELEHEALTH