

Working the Body

- **Yoga in the Park.** Free and open to the public, community yoga appropriate for all skill levels. Des Moines Park and Rec. Clare and Miles Mills Rose Garden in Greenwood-Ashwood Park. Every Saturday June 1 – Sept 30 9am-10am. Drop-in, open to the public. www.dmgov.org
- **Good Vibes Yoga.** Free and open to the public, community yoga appropriate for all skill levels. Windsor Heights Community Center – 6900 School Street, Windsor Heights, IA. Mon – Fri 6am-7am and 6:30pm-7:30pm. Drop-in, no RSVP necessary, more info on website www.goodvibesyoga.com
- **Plyometric Workout Membership.** Veteran discount. 755 SE Frontier Ave, Waukee, IA. Mon-Sat. Contact Jeff Coder at SISU Strength Academy or email Jeff@sisustrengthacademy.com
- **Climb Iowa.** Indoor climbing gym offering military discount memberships. 3605 SE Miehle Dr, Grimes, IA 50111. Mon-Sun. Contact Amanda at 515-986-2565
- **Central Iowa Outdoors Without Boundaries.** Community organization that helps people with disabilities get outdoors. Access via their Facebook page or email outdoorswithoutboundaries@gmail.com
- **Easterseals Iowa.** Provides services to children and adults with disabilities, including adaptive aids, financial assistance, and social and recreational services. Contact 515-289-4069 or visit website www.easterseals.com/ia/
- **Water Aquatics.** YMCA Indianola, Des Moines, Windsor Heights, Waukee. Indianola YMCA Tues/Thurs 1pm-2pm. Des Moines YMCA Mon/Fri 1130am-12:15pm. Waukee YMCA Mon/Fri 1pm-2pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Heath Healthy Living.** People of all ages who have heart conditions or risk for heart disease and need assistance with adapting a heart healthy lifestyle. Meets cardiac rehab protocol for long term prevention. YMCA Indianola, Des Moines, Windsor Heights. Indianola YMCA Mon/Wed 11am-12pm. Des Moines YMCA Tues/Thurs 1pm-2pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Move Well Today.** Exercise, education, and group support of people who have Type 2 Diabetes. YMCA. Indianola and Windsor Heights. Indianola YMCA Mon/Wed 11am-12pm/ Windsor Heights YMCA Mon/Wed 6:30pm-7:30pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Health Management Pool Time.** For members who may need the guidance and supervision of specially trained staff to help with independent water exercise program. Des Moines YMCA. Tues 12pm-12:45pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Tai Chi for Fall Prevention.** Exercise to improve strength, balance, and decrease fear of falling. Windsor Heights YMCA. Mon 1:15pm-2:15pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Healing Yoga.** Find your healing journey with gentle yoga poses designed to relieve symptoms of chronic conditions and emotional trauma. Builds hope and confidence in recovery. Des Moines YMCA. Sun 2:30pm-3:45pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical

- **Survivor Recovery & Beyond.** Program for cancer survivors to build strength, balance, flexibility, and recover stamina through all stages of survivorship. Des Moines YMCA. Tues/Thurs 11am-11:50am. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Total Training Fitness.** Small group personal training for cancer survivors. Cardio, weight, resistance, balance, yoga with goal setting and individualized training. Des Moines YMCA. Thurs 5:15pm-6:15pm and Fri 11:35am-12:45pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Delay the Disease.** Exercise to improve daily functioning for people with Parkinson's and other neurological conditions. Windsor Heights YMCA. Tues/Thurs 2:15pm-3:15pm. More info contact 515-512-9255, info@my-chp.com or visit website dmymca.org/medical
- **Tai Chi for Arthritis and Fall Prevention.** Sun Style Tai Chi focusing on gentle, fluid movements that are relaxed and slow in tempo while focusing on relaxation and breathing to help improve balance, posture, stress, pain, and stiffness while enhancing muscular strength and flexibility. Des Moines VA, Bldg 7M, Rm 101. Wed 4pm-5pm. Drop-in, no registration needed. More info contact Josh Mulder x5984 or Stephanie Day x4025
- **Chair Yoga.** Beginning Level yoga in chairs, learn about breathing techniques and relaxation. Des Moines VA, Bldg 7M, Rm 101. Tuesdays 2pm-3pm. Drop-in, no registration needed. More info contact Klay Queck x5228
- **Mat Yoga.** Higher level mat yoga class. Des Moines VA, Bldg 7M, Rm 101. Thursdays 4pm-5pm. Drop-in, no registration needed. More info contact Klay Queck x5228
- **Trauma Yoga.** Mind-body approach that helps participants reconnect with body and breath to heal from past traumas. Des Moines VA, Bldg 7M, Rm 101. Tuesdays 9am-10am. Drop-in, no registration needed. More info contact Claire Lamb x3959
- **Chiropractor Services.** Des Moines VA and some services at CBOC's. Individual appointments as scheduled. Contact Nathan Hinkeldey x5529 or have your PCP enter a consult to be seen by chiropractor
- **Pain Education.** Chiropractor. Des Moines VA. Individual appointments as scheduled. Contact Nathan Hinkeldey x5529 or have your PCP enter a consult for Pain Education
- **Physical Therapy.** Des Moines VA and CBOC's. Individual appointments as scheduled. Contact PT x5648 or have your PCP enter a consult to be seen by PT
- **Acupuncture.** Des Moines VA and CBOC's. Individual appointments as scheduled. Contact Juli Olson x5529
- **MOVE Group.** Food and Nutrition. Help discover opportunities for physical activity; provide you with a pedometer, resistance bands, and exercise DVD; or connect you with Recreation Therapy, Kinesiotherapy, or Physical Therapy. Des Moines VA, Mason City CBOC, Knoxville CBOC. Closed Group 16 week Program. More info contact Kristin Nebergall, x4278
- **Individual Weight Management.** Food and Nutrition. Des Moines VA and CBOC's. Individual appointments as scheduled. Have PCP enter consult for Nutrition
- **Pain Clinic.** Pain assessment and intervention. Des Moines VA and CBOC's. Individual appointments as scheduled. Have PCP enter consult for Pain Management and mark "assessment for intervention"
- **Joint Injections, Viscosupplementation Injections, NSAIDs Injections.** Orthopedics. Des Moines VA. Individual appointments as scheduled. Have PCP enter consult for Orthopedic