

# Whole Health & Well-Being Calendar Milwaukee VA and Clinics: April 1- June 30, 2022

Classes open to Veterans enrolled in VA healthcare - **No classes on Federal Holidays**

## MONDAY

Call to register: 1-888-469-6614

Times	Class	Extension
10:00-11:00 a.m.	Health Coaching for Women 4/11-6/6	43611
10:30-11:00 a.m.	Guided Imagery 1-872-701-0185 Conference ID: 916 314 395#	43611
1:30-2:15 p.m.	Warrior Stance Chair Yoga Session I: 2/28-4/4, Session II: 4/11-5/16	43611
2:30-3:30 p.m.	Skill-Building: Relationship & Connection 5/16-7/18	43611
4:00-4:45 p.m.	Tai Chi Session I: 4/4-5/9, Session II: 5/16-5/27	43611

## TUESDAY

Call to register: 1-888-469-6614

9:00-10:00 a.m.	WAMM (Walk A Mile or More)	42893
11:00-11:30 a.m.	Yoga for Mental Wellness	43611
11:30-12:00 p.m.	Meditation 1- 872-701-0185 Conference ID: 773 544 290#	43611
Noon-1:30 p.m.	Healthy Sleep Class 4/26, 5/24, 6/28	41264
1:00-2:00 p.m.	Skill-Building: Moving the Body 5/3-6/21	43611
	*Recovery Boot Camp	44933, 41846
1:30-2:15 p.m.	Tai Chi Session I: 4/5-5/10, Session II: 5/24-6/28	43611
2:30-3:30 p.m.	Skill-Building: Power of the Mind 4/19-7/6	43611

## WEDNESDAY

Call to register: 1-888-469-6614

9:00-10:00 a.m.	WAMM (Walk A Mile or More)	42893
10:00-11:30 a.m.	Health Coaching Monthly Maintenance Group 4/13, 5/11, 6/08	43611
1:30-2:15 p.m.	Warrior Stance Chair Yoga (No class 4th Wed of month)	43611
2:00-3:30 p.m.	MOVE! Orientation May 18	47387
2:30-3:30 p.m.	Intro to Emotional Freedom Technique (EFT)/Tapping	43611
4:00-4:45 p.m.	Warrior Stance Yoga Session I: 4/6-5/11, Session II: 5/25-6/29	43611
4:00-5:00 p.m.	Live Your Best Life: Whole Health and Well-being Orientation	43611

## THURSDAY

Call to register: 1-888-469-6614

9:00- 10:00 a.m.	WAMM (Walk A Mile or More)	42893
10:00- 11:00 a.m.	Meditation and Mindful Awareness	43611
11:00-11:30 a.m.	YOGA for Mental Wellness	43611
11:00- Noon	Live Your Best Life: Whole Health and Well-being Orientation	43611
1:00-2:00 p.m.	*Recovery Boot Camp	44933, 41846
1:30-2:15 p.m.	Tai Chi Every other Thursday, starting 4/7	43611
2:00-3:30 p.m.	MOVE! Orientation 4/21, 6/16	47387
3:30-4:30 p.m.	Health Coaching for Mental Well-being 4/28-6/16	43611

## FRIDAY

Call to register: 1-888-469-6614

9:00-10:00 a.m.	Guided EFT: Pain, Stress/Anxiety, Cravings, Exercise	43611
11:45-12:15 p.m.	Qigong Every other Friday starting 4/15	43611
1:30-2:15 p.m.	Warrior Stance Chair Yoga Session I: 4/08-5/13, Session II: 5/20-6/24	43611



\*For patients who have been seen by a Mental Health provider within the past 2 years.

**VA Video Connect Program Help Desk**

1-866-651-3180 | Learn more at: [mobile.va.gov/app/va-video-connect](https://mobile.va.gov/app/va-video-connect)

Call 414-384-2000 and extension listed for more information  
Self-Referral Classes April-June 2022

**Health Coaching** Ext. 43611

Offers accountability and partners with the Veteran in making meaningful and sustainable behavioral change. Individual or Group options available.

**Taking Charge of My Life and Health** Ext. 43611

Reflect on what matters, learn to prioritize self-care, and identify opportunities for growth.

4/13-6/1 - Wednesdays, 10:15-11:45 a.m.

5/9-6/20 - Mondays, 1-2:30 p.m.

**Women's Taking Charge of My Life & Health**

4/22-6/17 - Fridays, 10:00-11:30 a.m.

**Wellness Power Hour** Ext. 43611 for Webex link

Learn skills to live Whole Health for Life.

4/20 - Spirit and Soul, 12-1:00 p.m.

5/18 - Moving the Body, 12-1:00 p.m.

**Soil for the Soul Series** Ext. 48629 for Webex link

Support personal development connecting with nature.

**Nature Series:** Thursdays, 12-1:00 p.m.

4/7 - Pollinator gardening & raising monarchs

5/5 - Backyard chicken farming

**Gardening Group:** Thursdays, 9-11:00 a.m.

**VA Calm** Ext. 43611

Learn to cultivate mindfulness to develop coping skills, improve self-care and reduce stress.

5/5-6/23 - Thursdays, 1-3 p.m.

**Clinical Hypnosis** Ext. 48629

A tool to support habit change and improve well-being.

**Crushing Codependency** Ext. 43611

Develop stronger communication skills, healthier relationships, stress/anxiety management, improving self-esteem & setting boundaries.

Thursdays, 11:30-12:30 p.m.

**Veteran Video ConnecZEN** Ext. 41197

Learn an art form using patterns to create beautiful images while you harness a sense of well-being.

**ROSE: Reach Out Stay Strong Essentials** Ext. 41213

Pregnant Veterans learn skills to cope with stress, manage relationships and plan for birth.

**Healthy Coping: Manage Stress & Anxiety** Ext. 45778

Developing skills to proactively manage stress and anxiety.

**Diabetes Education** Ext. 41903, 42725, or 45888

Three options to provide the support and education you need for Diabetes Self-Management.

**Tobacco Treatment/ Smoking Cessation**

Call **1-855 QUIT VET (1-855-784-8838)** Monday-Friday, 8:00 a.m.-8:00 p.m. for virtual telephone support  
Text **VET to 47848**, or visit **Smokefree.gov/VET**

**\* TAG (Harm reduction program)** Ext. 46851

Encourages Veterans struggling with substance abuse with goal of long-term sobriety.

**Visual Impairment Series:** Ext. 41832 for Webex link

Rotating topics and resources related to vision loss.

4/15, 5/20, 6/27 - Fridays, 11:00 a.m.-noon

Join by phone: 14043971596

Access code: 1991431062

**Appleton, Green Bay and Cleveland Only:**

Toll-Free: 1-877-204-7970

**Seated Tai Chi** Ext. 47902

Tuesdays, 10-11:00 a.m.

Ask your Provider for a referral

**Seated Yoga** Ext. 47902

Mondays, 10-11:00 a.m., new session every 6 weeks

Thursdays, 2-2:45 p.m., new session every 9 weeks

Ask your Provider for a referral

**NEWAC Prediabetes and Diabetes Education & Support Class** Ext. 47442

Tuesdays, 1:30-3:00 p.m. or Wednesdays, 9:00-10:30 a.m.

Ask your Provider for a referral

**Healthy Sleep Class** 47449 or 47550

4th Wednesday of the month, 10:00-11:30 a.m.

4/27, 5/25, 6/22

**Healthy Aging Class** Ext. 47889

4th Tuesday of the month, 11:00 a.m.-noon,

4/26, 5/24, 6/28

**Coping Skills Group** Ext. 47551 or 47520

Learn tools to cope with life.

Mondays, 2:00-3:00 p.m.

**Taking Charge of My Life and Health** Ext. 43611

Wednesdays, 2-3:30pm, 6 weeks. Next class starts in May.



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Milwaukee VA Medical Center and Clinics