



Whole Health Week-Virtual

April 4th- April 8th

All Veterans, Caregivers and VA Employees are Welcome to Join

Web Ex: Click on the [Join Meeting](#) link or dial toll-free 404-397-1596 and enter access code

Whole Health Team: (916) 843-9131

Time	4/4- MON.	4/5- TUES.	4/6- WED.	4/7- THURS.	4/8- FRI.
10:00-10:15am	What is Whole Health? Join Meeting Access code: 2763 243 3920	Gratitude: Live the Life You Love through Yoga. Join Meeting Access code: 2764 076 5444	Plants Based eating: Through the eyes of a VA Employee Join Meeting Access code: 2761 911 8081	Moving the Body Join Meeting Access code: 2760 462 6205	Food & Gut Health Join Meeting Access code: 2760 701 6068
12:00-12:30pm	Lifelong Parachute Join Meeting Access code: 2760 575 0621	Qi Gong Join Meeting Access code: 2764 471 6250	Guided Imagery Join Meeting Access code: 2763 768 6080	Power of the Mind Join Meeting Access code: 2760 932 6024	Zumba Join Meeting Access code: 2761 562 1745
2:00-2:15pm	Hatha Yoga Join Meeting Access code: 2764 070 6716	Selfcare-Through the Eyes of a Veteran Caregiver Join Meeting Access Code: 2762 928 4664	Emotional Freedom Tapping Join Meeting Access code: 2763 760 1525	Rethink Your Drink Join Meeting Access code: 2764 037 0198	Hatha Yoga Join Meeting Access code: 2760 576 0356
6:00-6:15pm	Managing Stress Join Meeting Access code: 2760 525 5426	Guided Acupressure Join Meeting Access code: 2761 502 7082	Biofeedback Join Meeting Access code: 2761 520 6286	Guided Imagery Join Meeting Access code: 2760 854 6186	Sleep Join Meeting Access code: 2763 354 0615



MONDAY

10:00-10:30 am: What is Whole Health? (Presenter: Arianne Davie, CTRS, Whole Health Coordinator)

Come join us as we discuss what Whole Health is all about and tour the circle of health.

2:00-12:30pm: Lifelong Parachute (Presenter: Andrew Cleaver, BS-PTA)

The importance and dynamics of proper breathing

2:00-2:15 pm: Hatha Yoga (Presenter: Asia Gardener, Registered Yoga Teacher (RYT) 200 Yoga Instructor)

Slower paced yoga, poses are held for longer, allows for more stretching, and incorporates meditation.

6:00-6:15 pm: Managing Stress through Leisure (Presenter: Arianne Davis, CTRS, Whole Health Coordinator)

Will explore the whole health circle and provide activities in each category that one can do to help in managing and reducing stress.

TUESDAY

10:00-10:50 am: Gratitude: Live the Life You Love (Presenter: Jeyzel Rossi, E-RYT 200, CYT, C-MI, VA Community Care Patient Advocate) Cultivating gratitude to focus on things they are grateful for while flowing between asanas (Yoga poses).

12:00-12:30pm: Oi Gong (Michael Yanuck, M.D., Ph.D.)

Qi Gong is a traditional Chinese healing therapy.

2:00-2:15 pm: Selfcare: Through the eyes of a Veteran Caregiver (Presenter: Shenica Nelson, MS I/O Psychologist, VA Caregiver)

6:00-6:15 pm: Guided Acupressure (Presenter: Kevin Stemple, Physical Therapist, PM&R)

A practical session of guided self-treatment for muscle pain, stress & tension. Including updates on the theory of treatment, and insights on how to use this technique for Veterans and others around you.

WEDNESDAY

10:00-10:15 pm: Plant Based Eating- Through the eyes of a VA Employee (Presenter: Genesis Miles, AMSA)

Join us for a great discussion on how a VA employee received benefits from eating a plant-based diet.

12:00-12:30pm: Guided Imagery (Presenter: Jeff Cass, PsyD, Health Behavior Coordinator, HPDP)

Brief presentation on the practice of guided imagery with a demonstration being provided.

2:00-2:15 pm: Emotional Freedom Tapping (EFT) (Presenter: Rebecca Stallworth, LCSW, Women's Health Social Work Program Development and Implementation & Outreach Coordinator)

Learn skills for emotional and Physical well-being.

6:00-6:15 pm: Biofeedback (Presenter: Naraya Comeault, VBA VSC Vet Service Rep)

Biofeedback is intended to help you learn more about how your body works.

THURSDAY

10:00-10:15: Moving the Body (Presenter: Mathew Milton)

Join us for a quick 15-minute Postural mindfulness and movement mechanics. Explore how to be mindful of your body while in a standing or sitting position and learn tips to in moving the body.

12:00-12:30pm: Power of the mind (Presenter: Rebecca Stallworth, LCSW, Women's Health Social Work Program Development and Implementation & Outreach Coordinator)

Learn how healthy connections between body and mind will affect physical and emotional well-being with meditation mindfulness and breathing and healing script.

2:00-2:15 pm: Rethink Your Drink (Presenter: Ryan Santanna-Hart, MS, RD)

Discussing sugar sweetened beverages and exploring ways to decrease the amount of sugar you drink.

6:00-6:15 pm: Guided Imagery (Presenter: Jeff Cass, PsyD, Health Behavior Coordinator, HPDP)

Brief presentation on the practice of guided imagery with a demonstration being provided.

FRIDAY

10:00-10:15 am: Food & Gut Health (Presenter: Jamie Moulding, RD)

Description: Brief review brain/Gut relationship and Microbiome. Followed by intro to pre/probiotics, fiber, and phytonutrients.

12:00-12:30pm: Zumba (Presenter: Maqueda "Leya" Thomas, RN CM)

2:00-2:15 pm: Hatha Yoga (Presenter: Asia Gardener, Registered Yoga Teacher (RYT) 200 Yoga Instructor)

Slower paced yoga, poses are held for longer, allows for more stretching, and incorporates meditation.

6:00-6:15 pm: Sleep (Presenter: Naraya Comeault, VBA VSC Vet Service Rep)

We will finish the week off with a presentation on Sleep.