



# Madison VA Whole Health Integrative Health & Wellness Services



**TO GET STARTED: call (608) 256-1901 ext. 12537 to get scheduled for an Introduction & Orientation.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Taking Charge of Your Life &amp; Health Class</b> <i>(6 Week Series, Start 9/12)</i></p> <p>9:30am-11:00am In-Person and VVC Option</p>	<p><b>iRest Meditation: Drop-in Group</b> 9:00–10:30 am VVC Group</p> <hr/> <p><b>VA CALM: Mindfulness for Stress Reduction Group</b> <i>(6 Week Series, Start TBD)</i> 9:00–10:30 am VVC Group</p>	<p><b>Tai Chi Fundamentals Adapated</b> <i>(6 week Series)</i> 9:00–10:30am VVC Group</p>	<p><b>THRIVE: Women’s Group</b> <i>(Intro &amp; 14 Week Series)</i> 9:00–10:30am VVC Group</p>	
<p><b>Yoga: Standing &amp; Mat</b> <i>(Open Group)</i></p> <p>11:00 – 12:00pm VVC Group</p>	<p><b>Tai Chi Fundamentals</b> <i>(7 Week Series)</i> 10:30-11:30am VVC Group</p>		<p><b>Whole Health Empower Foundations Class</b> <i>(4 Week Series, In-Person)</i> 10:00-11:30am</p> <hr/> <p><b>Sleep &amp; Recharge Class</b> <i>(4 Week Series)</i> 12:30–2:00pm</p>	<p><b>National Drop-in Mindfulness Meditation</b> 2<sup>nd</sup> Friday of the Month 10:00 –11:00am <b>1-833-558-0712</b> Access Code: <b>433 794 55</b></p>
<p><b>iRest Meditation Group</b> <i>(8 Week Series, Start 10/17)</i></p> <p>1:00–2:30pm VVC Group</p>	<p><b>Whole Health Empower Program Foundations Class - VVC</b> <i>(4 Week Series)</i> 12:30-2:00pm</p> <hr/> <p><b>Moving the Body for Women</b> <i>(Open VVC Group)</i> 12:30pm-1:30pm</p>	<p><b>Yoga: Chair &amp; Standing</b> <i>(6 Week Series)</i> 2:30-3:30pm VVC Group</p>	<p><b>VA CALM: Mindfulness for Stress Reduction Group</b> <i>(6 Week Series, Start TBD)</i> 12:30-2:00pm VVC Group</p> <hr/> <p><b>Tai Chi Fundamentals</b> <i>(7 Week Series)</i> 2:00-3:00pm VVC Group</p>	<p><b>Tai Chi / Qi Gong Practice Fundamentals Series Required</b> <i>(Open Group)</i></p> <p>11:00am -12:00pm VVC Group</p>
<p><b>Moving the Body Class</b> <i>(Open Group)</i> 2:30-3:30pm VVC Group</p>	<p><b>Tai Chi Form Fundamentals Series Required</b> <i>(6 Week Series)</i> 2:00-3:00pm VVC Group</p>	<p><b>Yoga: Standing &amp; Mat</b> <i>(Open Group)</i> 5:00-6:00pm VVC Group</p>	<p><b>National Drop-in Yoga Nidra Meditation</b> 7:00–8:00 pm Weekly <b>1-866-899-4679</b> Access Code: <b>637 876 469</b></p>	<p><b>Yoga: Chair</b> <i>(3-4 Week Series, Start 1<sup>st</sup> Friday)</i> 1:00pm-2:00pm VVC Group</p>
<p><b>Additional Individual Services:</b> Health Coaching, Functional Nutrition, Yoga, Tai Chi, Mindfulness, Meditation, Biofeedback, Tension &amp; Trauma Releasing Exercises (TRE®), Aromatherapy, Clinical Hypnosis, Gardening Groups, and more!</p>		<p>*VVC = VA Video Connect</p>	<p>See other side for: <b>Empower Program</b> <i>for Chronic Pain Self-Management</i></p>	

*Please Note: No Classes on Holidays. Dates & Times are Subject to Change. Please call for current information.*

*Fall 2022 (Sept- Nov)*

## Empower Program & Additional Services

**TO GET STARTED:** call (608) 256-1901 ext. 12537 to get scheduled for a one-on-one **Introduction & Orientation**.

### Empower Program for Chronic Pain Self-Management

The Empower Program is an interdisciplinary team who provide Whole Health care, and whose vision is to:

***Empower Veterans with Chronic Pain to Live Life to the Fullest.***

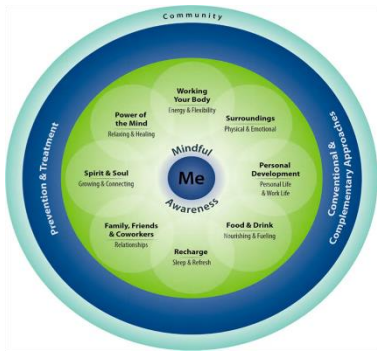
Our team is made up of occupational and physical therapists, health psychologists, clinical health coaches, and a registered dietitian.

We offer evidence-based individual and group services that equip Veterans with the skills and tools they need to help improve functioning and reduce the impact of chronic pain on their lives.

#### Here's what we offer:

Chronic Pain Education  
Living Well with Chronic Pain Classes  
Battlefield Acupuncture  
Adapted Yoga  
Adapted Tai Chi  
Biofeedback

Functional Nutrition  
Mindfulness & Meditation  
Tension & Trauma Releasing Exercises (TRE®)  
Clinical Hypnosis  
Aromatherapy  
and more!



To get started with a one-on-one Introduction & Orientation,  
talk to your healthcare team to request a consult or call ext. 12537

### Additional Health & Well-being Services

**Nutrition & Dietitian Services**  
**Individual & Healthy Eating Kitchen**  
Schedule at the front desk  
or call **ext. 17387**

**Gerofit Exercise Program**  
For ages 65+  
Mon, Wed, & Thur Mornings  
Ask for a consult to get started!

**Vet Center**  
Mental Health Services  
for Veterans & Families  
outside of VA  
**(608) 264-5342**

**Diabetes & Pre-diabetes**  
**Self-Management Classes**  
Ext. 17387

**MOVE! Program**  
**Weight Management**  
Ext. 17011 or 17387

**Cognitive Behavioral Therapy**  
**for Insomnia (CBT-I)**  
Request a visit with Integrated  
Care or Mental Health Services

**Substance Use Services**  
Same-day walk-in or  
consult to Mental Health  
**\*non-emergency ext. 17084**

**Veteran's Crisis Line**  
**Dial 988 & Press 1**  
or confidential chat at  
[VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)  
or Text **838255**

**Mental Health Services**  
Same-day walk-in  
or consult to Mental Health  
**\*non-emergency ext. 17084**

**Madison VA Phone Numbers: (608) 256-1901 or Toll-Free (888) 478-8321**

**Please Note:** No Classes on Holidays. Dates & Times are Subject to Change. Please call for current information.