



## VA NWI Whole Health Class Descriptions

**Aerobics** - Come stay accountable and burn some calories with this 30 min Aerobics workout where we drum, dance, and/or walk to work our hearts. Let's have some fun! All fitness levels welcome.

**Aromatherapy** - Explore Aromatherapy and discover how using the natural oils extracted from flowers, bark, stems, leaves, roots of other parts of a plants can enhance psychological and physical well-being. The information presented is for educational purposes only and is not a substitute for professional medical care.

**Chair Yoga** - Yoga is for every BODY, and we encourage those who may not feel confident with their balance or leg strength to join a chair yoga class.

**Creative Arts** - Provides a relaxed atmosphere for Veterans of all skill levels to foster creativity and self-expression. No prior experience needed.

**Introduction to Whole Health** - This session is designed to introduce you to the VA Whole Health approach to care with a focus on one's strengths and abilities, and how we can work together to optimize your well-being and focus on what's important.

**Meditation** - Meditation is a way to focus the mind using attention to the breath, a feeling, and object, or a concept like mindfulness. The goal is a calm and clear state of mind.

**Mindfulness for Stress** - In this six-week course offered on video telehealth, learn and practice a range of mindfulness meditation practices, improve your ability to manage everyday stress, learn ways to be more present and focus your attention, and discover how to bring mindful awareness into your everyday activities.

**Music Therapy** - Music interventions are used (playing guitar, singing, writing songs, drumming, listening to music) to improve wellness, mental health, and coping skills. A consult is required prior to participation.

**Nutrition for Inflammation** - Understand the role inflammation plays in common chronic diseases and how to implement an anti-inflammatory style of eating in your life.

**Qi Gong** - Qi Gong (pronounced chee-gung), is the study and practice of cultivating vital life-force through various techniques including movement. Through study, the individual aims to promote self-healing, prevent disease, and increase longevity. Bring your body to a natural state of balance. We offer an introduction, and specialized classes for all levels which can be completed in a chair or standing.

**Qi Gong for Heart** - From high blood pressure to cardiac rehabilitation, Qi Gong has been proven to strengthen and revitalize the heart.

**Qi Gong for Lung** - This practice can improve the health of the respiratory system and increase the efficiency of the lungs.



## Class Descriptions, Cont.

**Tai Chi** - Sometimes referred to as “moving meditation”. Veterans move their bodies slowly, gently, and with awareness while breathing deeply. We offer an introduction, Chair Tai Chi, and specialized Tai Chi classes.

**Tai Chi 24 Form** - This form is the most popular and widely practiced Tai Chi. This form starts out easy movements and progresses to more complicated movements. Tai Chi 24 can exemplify grace, beauty and many fundamentals of the art. This form is recommended for those who have at least one year of experience.

**Taking Charge of My Life & Health** - This 8-week peer-led course will give you the opportunity to reflect on what really matters to you. You will be encouraged to choose an area of your life you want to enhance and develop a plan for reaching your goals.

**Tobacco Cessation** - Find the tools, resources and support for quitting all forms of tobacco use in a nonjudgmental environment.

**Yoga** - Mind-body practice that combines physical postures, breathing techniques, and relaxation. It involves exercises to increase flexibility, strength, and balance. We offer introduction, and a variety of specialized classes for practitioners of all experience levels. Modifications are always available and are encouraged depending on how the body wants to move.

### **Whole Health Locations:**

- **Omaha Whole Health: Ctr Mall 1941 S 42nd St, Ste 509**
- **Omaha ACC: 4101 Woolworth Ave.**
- **Omaha YMCA: 430 S 20<sup>th</sup> St.**
- **Omaha Victory Apartments: 825 Dorcas St.**
- **Bellevue University MVSC: 2108 Harvell Cir, Bellevue**
- **Shenandoah VA Clinic: 2043 A. Avenue**
- **Lincoln VA Clinic: 420 Victory Park Drive**
- **Norfolk VA Clinic: 3204 Raasch Drive**
- **Grand Island Whole Health Building 6: 221 North Broadwell Avenue**
- **Holdrege VA Clinic: 1118 Burlington Street**
- **North Platte VA Clinic: 300 East 3rd Street, Suite 302**

**For more information, or to schedule, please call your nearest Whole Health clinic:  
 OMAHA: 402-599-2130 | LINCOLN: 402-486-7822 | GRAND ISLAND: 308-395-3405**