



# Whole Health Week-Virtual

April 4<sup>th</sup>- April 8<sup>th</sup>

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