

What are Veterans saying about Whole Health?

“In the last 6 months, my A1c has gone from 11.7 to 8. My blood pressure went from 216/97 to 119/74 and I went from 222 lbs. to 199! I have more energy, my self-esteem is up and I’ve even cut back on my smoking.”

“Yoga has improved my flexibility and ability to move. I’ve felt stuck at times because of my trauma, and the yoga has helped me feel empowered to move my body and to realize that I have control over myself.”

“A few hours after my first Battlefield Acupuncture treatment, I noticed a dramatic reduction in pain and a sense of relief. I’ve now had numerous BFA treatments and can help maintain low pain levels between treatments by using pressure points and mindful meditation. My pain meds now consist of an occasional Aleve.”

Whole Health Offers Classes or Individual Sessions for:

- Introduction to Whole Health
- Taking Charge of My Life and Health
- Health Coaching
- Meditation/Mindfulness
- Tai Chi
- Yoga
- And So Much more!!!

VEM# 580 Approved by
VHEC/Committee SEL
January 2024



more information, call:

VA Durham Health Care System For more information, call:

VA



U.S. Department of Veterans Affairs

For

(919)748-8237

Whole Health

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What is Whole Health?

Whole Health puts you in the driver's seat. It is personalized, pro-active, Veteran-driven care that focuses on empowering and equipping you to improve your health and well-being.

WHOLE HEALTH is ABOUT:

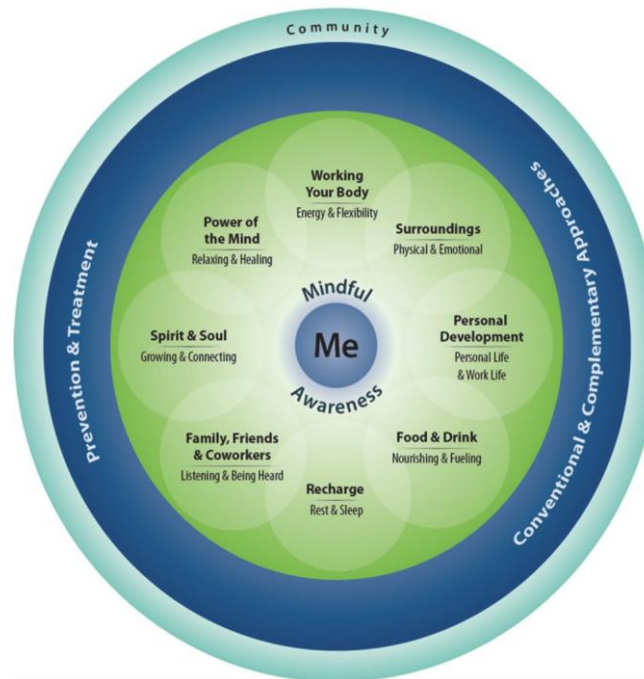
- Partnering with YOU!
- Supporting your Health and Well-Being
- Providing Outstanding Clinical Care

To schedule your Introduction to Whole Health call:

(919) 748-8237

Connect to the VHA Mission

The mission of the Veterans Health Administration is to honor America's Veterans by providing exceptional health care that improves their health and well-being.



For your convenience, Whole Health offers VA Video Connect and Telehealth options!

Discover What Matters

- Partnership between you and your healthcare team
- Personalized health planning
- Preventive care
- Health Coaching
- Helping you discover resources to support your goals.
- Focusing on all aspects of your health, not just treating a specific disease or problem.

Ready to Live Whole Health?

Find out more at:

<http://www.va.gov/wholehealth>

