

VA NWI Whole Health Calendar

Grand Island, Holdrege & North Platte

April - June 2024

Monday		
Time	Class	Location
1000-1130	Taking Charge of My Life & Health (6-week class)	Virtual
1030-1130	Tai Chi & Qi Gong for Stress	Virtual
1430-1530	Chair Yoga	Virtual
Tuesday		
1000-1115	Mindfulness for Stress (6-week class)	Virtual
1300-1400	Tobacco Cessation (4-week class)	Virtual
1600-1630	iRest	Virtual
Wednesday		
0930-1100	Introduction to Whole Health	Virtual
1000-1130	Taking Charge of My Life and Health (9-week class)	GI, Whole Health Building 6
1300-1430	Introduction to Whole Health	Virtual
1400-1500	Virtual Reality for Stress & Relaxation	GI, Whole Health Building 6
1430-1600	Introduction to Whole Health (4th Wed)	Virtual
Thursday		
0800-0830	Meditation	Virtual
0900-1000	Chair Yoga	Virtual
1000-1200	Intro to Creative Arts (3rd Thurs)	GI, Whole Health Building 6 & Virtual
1130-1230	Healthy Teaching Kitchen + Qi Gong	Virtual
1230-1330	Qi Gong	GI, Whole Health Building 6
1300-1400	Creative Writing & Spirituality (12-week group) NEW!!	Virtual
1400-1500	Operation SMART: Group Coaching NEW!!	Virtual
1430-1545	Mindfulness for Stress (6-week class)	Virtual
Friday		
0800-0900	Yoga	Virtual
0900-1030	Introduction to Whole Health	Virtual
1000-1100	Coffee with a Coach Group	GI, Whole Health Building 6
1100-1200	Tai Chi 10 Form	Virtual
1300-1400	Introduction to Whole Health	GI, Whole Health Building 6
1300-1400	Nutrition for Inflammation	Virtual

Additional information on back of this sheet

Please call your nearest Whole Health Clinic to schedule.
OMAHA: 402-599-2130 | LINCOLN: 402-486-7822 | GRAND ISLAND: 308-395-3405
 VA Video Connect Program Help Desk: 1-866-651-3180



U.S. Department of Veterans Affairs
 Veterans Health Administration
 Nebraska-Western Iowa Health Care System

Locations: Grand Island Whole Health: 2201 North Broadwell Avenue, Building 6
To schedule for the Healthy Teaching cooking class call: 402-995-3599

All classes can be modified for all abilities | No classes on federal holidays

For Whole Health class descriptions visit the NWI Whole Health Calendar webpage by scanning the QR code.

Whole Health calendars are updated quarterly.



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Learn more about VVC at: mobile.va.gov/app/va-video-connect

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