

# VA NWI Whole Health Calendar

## Lincoln & Norfolk

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
1300-1430	Introduction to Whole Health	Lincoln VA Clinic, Rm 1529
1430-1530	Chair Yoga	Virtual
Tuesday		
1000-1115	Mindfulness for Stress (6-week class)	Virtual
1100-1200	Chair Yoga (NO CLASS on 1st Tues each month) <b>NEW!!</b>	Lincoln VA Clinic, 2nd Floor
1300-1400	Tobacco Cessation (4-week class)	Virtual
1300-1400	Intro to Creative Arts (1st Tues) <b>NEW!!</b>	Lincoln VA Clinic, Rm 1529
1600-1630	iRest	Virtual
Wednesday		
0930-1100	Introduction to Whole Health	Virtual
1300-1430	Introduction to Whole Health	Virtual
1430-1600	Introduction to Whole Health (4 <sup>th</sup> Wed)	Virtual
Thursday		
0800-0830	Meditation	Virtual
0900-1000	Chair Yoga	Virtual
1000-1200	Intro to Creative Arts (3rd Thurs)	Virtual
1130-1230	Healthy Teaching Kitchen + Qi Gong	Virtual
1300-1430	Creative Writing & Spirituality (12-week group) <b>NEW!!</b>	Virtual
1300-1430	Taking Charge of My Life & Health (6-week class)	Lincoln VA Clinic, Rm 2611
1330-1500	Introduction to Whole Health (1st Thurs)	Norfolk VA
1400-1500	Operation SMART: Group Coaching	Virtual
1500-1600	Yoga <b>NEW!!</b>	Lincoln VA Clinic, 2nd Floor
1430-1545	Mindfulness for Stress (6-week class)	Virtual
Friday		
0800-0900	Yoga	Virtual
0900-1030	Introduction to Whole Health	Virtual
1000-1100	Sip, Chat & Thrive Group (NO group 1st Fri)	Lincoln VA Clinic, Rm 2611
1100-1200	Tai Chi 10 Form	Virtual
1300-1400	Nutrition for Inflammation	Virtual
1300-1400	Innovation Studio	UNL INNOVATION CAMPUS

**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: Lincoln VA Clinic - 420 Victory Park Drive  
Norfolk VA Clinic - 3204 Raasch Drive, Norfolk  
UNL Innovation Studios - 2021 Transformation Dr. Suite 1500, Entrance B  
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](https://mobile.va.gov/app/va-video-connect)

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