



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

VA NWI Whole Health Calendar

Omaha, Bellevue & Shenandoah

April - June 2024

Monday		
Time	Class	Location
1000-1100	Taking Charge of My Life & Health (6-week class)	Virtual
1030-1130	Tai Chi & Qi Gong for Stress	Virtual
1100-1200	Aromatherapy	Omaha Whole Health Center Mall
1130-1215	Introduction to Healing Touch (2nd Mon)	Omaha VA ACC 1st Floor Waiting Area 3
1200-1300	Gentle Yoga	Omaha Whole Health Center Mall
1300-1430	Introduction to Whole Health	Omaha VA ACC 1st Floor Waiting Area 3
1430-1530	Chair Yoga	Virtual
Tuesday		
0900-1300	Taking Charge of My Life & Health (6-week class)	Omaha Whole Health Center Mall
1000-1115	Mindfulness for Stress (6-week class)	Virtual
1100-1200	Yoga	Bellevue University MVSC
1200-1300	Chair Qi Gong for Stress	Omaha Whole Health Center Mall
1300-1430	Introduction to Whole Health	Omaha VA ACC 1st Floor Waiting Area 3
1300-1400	Tobacco Cessation (4-week class)	Virtual
1400-1500	Tai Chi	Bellevue University MVSC
1600-1630	iRest	Virtual
Wednesday		
0930-1100	Introduction to Whole Health	Virtual
1200-1300	Yoga	Omaha Whole Health Center Mall
1300-1430	Introduction to Whole Health	Virtual
1400-1500	Intro to Aromatherapy (2nd Wed) NEW!!	Omaha Whole Health Center Mall
1430-1600	Introduction to Whole Health (1 st & 3 rd Wed)	Shenandoah VA Clinic
	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)	Virtual
1100-1230	Introduction to Whole Health	Omaha VA ACC 1st Floor Waiting Area 3
1130-1230	Healthy Teaching Kitchen + Qi Gong	Main VA, Rm 3771 & Virtual
1300-1430	Creative Writing & Spirituality (12-week group) NEW!!	Virtual
1300-1345	Foam Roller Basics	Omaha Whole Health Center Mall
1400-1500	Operation SMART: Group Coaching NEW!!	Virtual
1400-1500	Yoga	Omaha Whole Health Center Mall
1430-1545	Mindfulness for Stress (6-week class)	Virtual
Friday		
0800-0900	Yoga	Virtual
0900-1030	Introduction to Whole Health	Virtual
1100-1200	Tai Chi 10 Form	Virtual
1200-1300	Tai Chi 8 Form for Balance	Omaha Whole Health Center Mall
1300-1400	Nutrition for Inflammation	Virtual

Additional information on back of this sheet

Locations: Bellevue University MVSC - 2108 Harvell Cir, Bellevue
Omaha VA ACC - 4101 Woolworth Ave, Room 1504
Whole Health Center Mall - 1941 S 42nd St., 5th Floor, Suite 509
Shenandoah VA Clinic: 2043 A. Avenue
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.



Please call your nearest Whole Health Clinic to schedule.

OMAHA: 402-599-2130 | LINCOLN: 402-486-7822 | GRAND ISLAND: 308-395-3405

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

VA Video Connect Program Help Desk: 1-866-651-3180



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