

**IN HONOR OF WHOLE
HEALTH MONTH TAKE A 15
MINUTE QUICK BREAK
WITH US!**



APRIL 30TH

- **9AM YOGA WITH BILLIE - [TEAMS LINK](#)**
- **10AM TAI CHI WITH BETHANY - [TEAMS LINK](#)**
- **11AM MEDITATION WITH LAURA - [TEAMS LINK](#)**
- **12PM YOGA WITH MEL - [TEAMS LINK](#)**
- **1PM YOGA WITH BILLIE - [TEAMS LINK](#)**
- **2PM MEDITATION WITH MEL - [TEAMS LINK](#)**
- **3PM TAI CHI WITH BETHANY - [TEAMS LINK](#)**



**REACH OUT TO YOUR WHOLE HEALTH TEAM @
VHAEKHWHOLEHEALTHCONSULTANTS@VA.GOV
WITH ANY QUESTIONS**