

# Fargo VA Health Care System

## Veteran Health Education Calendar

### June 2024



Classes open to all Veterans enrolled in VA healthcare. **Pre-registration is required** – call (701) 239-3700 extension 3990 for Yoga, Tai Chi, Mindfulness, Relaxation skills, TCMLH & Intro to Whole Health; ext. 4437/4428- Nutrition classes; ext. 4166- Living with Loss and Living Legacies Support Groups; ext. 4406. Call 701-409-3709 for Spirituality classes. For iRest Yoga Nidra Meditation, call 1-866-899-4679 - access code 43379455 for Tuesdays at 4 p.m. – use access code 1997316363 for Thursdays at 7 p.m. **Note: Classes that are held via VA Video Connect (VVC)/virtually do not have a location or room listed after them. Classes held “in person” list a location.**  
<https://www.va.gov/fargo-health-care/programs/whole-health/>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Tai Chi Chih</b> 9:30-10:30 Virtual &amp; Rm 2E-25</p> <p><b>Intro to Whole Health</b> 1:00-2:00 p.m. 2E-25</p> <p><b>In person Yoga Class</b> <b>3-3:30 pm</b> <b>Rm 2E-25</b></p> <p><b>Gentle Yoga</b> 5:00 – 6:00 p.m.</p>	<p>4</p> <p><b>Veteran Coffee Break</b> 9:00-11:00 a.m.</p> <p><b>Fitness Connection</b> 2:15-3:00 p.m. Rm 2E-25</p> <p><b>Gentle Yoga</b> 3 – 4 p.m.</p>	<p>5</p> <p><b>Chair Yoga:</b> 11:00-11:45 a.m.</p> <p><b>Eating to Reduce Pain &amp; Inflammation (ERPI)</b> 11-12:00v p.m. in person 1-2:00 p.m. Virtual</p> <p><b>Gentle Yoga</b> 4 - 5 p.m.</p>	<p>6</p>	<p>7</p> <p><b>Veteran Friday</b> <b>8-12 noon</b> <b>at That's the Dream Farm</b></p> <p><b>Christian Connection:</b> <b>Finding Incredible Power</b> 1:30-2:30 p.m. Rm 2E-10 &amp; Virtual</p>
<p>10</p> <p><b>Tai Chi Chih</b> 9:30-10:30 Virtual &amp; Rm 2E-25</p> <p><b>Mindfulness Series (1)</b> 10:00-11:00 a.m.</p> <p><b>Gentle Yoga</b> 5:00 – 6:00 p.m.</p>	<p>11</p> <p><b>Fitness Connection</b> 2:15-3:00 p.m. Rm 2E-25</p> <p><b>Gentle Yoga</b> 3 – 4 p.m.</p> <p><b>Drum Circle</b> 5:30-6:30 2E-25</p> <p><b>Living with Loss Support</b> 5:30 – 7 p.m.</p>	<p>12</p> <p><b>Chair Yoga:</b> 11:00-11:45 a.m.</p> <p><b>Eating to Reduce Pain &amp; Inflammation (ERPI)</b> 11-12:00v p.m. in person 1-2:00 p.m. Virtual</p> <p><b>Gentle Yoga</b> 4 - 5 p.m.</p>	<p>13</p> <p><b>Tai Chi for Arthritis and Fall Prevention</b> 9:30-10:15</p>	<p>14</p> <p><b>Christian Connection:</b> <b>Finding Incredible Power</b> 1:30-2:30 p.m. Rm 2E- 10 &amp; Virtual</p>
<p>17</p> <p><b>Tai Chi Chih</b> 9:30-10:30 Virtual &amp; Rm 2E-25</p> <p><b>Mindfulness Series (2)</b> 10:00-11:00 a.m.</p> <p><b>Intro to Whole Health</b> 1:00-2:00 p.m.</p> <p><b>Relaxation Skills</b> 1-2:15 p.m. Rm 2E-25</p> <p><b>Gentle Yoga</b> 5:00 – 6:00 p.m.</p>	<p>18</p> <p><b>Veteran Coffee Break</b> 9:00-11:00 a.m.</p> <p><b>Fitness Connection</b> 2:15-3:00 p.m. Rm 2E-25</p> <p><b>Gentle Yoga</b> 3 – 4 p.m.</p> <p><b>Living Legacies</b> 5:30-7 p.m.</p>	<p>19</p> <p>20</p> <p><b>JUNETEENTH HOLIDAY-CLOSED</b></p>		<p>21</p> <p><b>Christian Connection:</b> <b>Finding Incredible Power</b> 1:30-2:30 p.m. Rm 2E- 10 &amp; Virtual</p>
<p>24</p> <p><b>Tai Chi Chih</b> 9:30-10:30 Virtual &amp; Rm 2E-25</p> <p><b>Mindfulness Series (3)</b> 10:00-11:00 a.m.</p> <p><b>Gentle Yoga</b> 5:00 – 6:00 p.m.</p>	<p>25</p> <p><b>Fitness Connection</b> 2:15-3:00 p.m. Rm 2E-25</p> <p><b>Gentle Yoga</b> 3 – 4 p.m.</p> <p><b>Eat Well, Be Well Healthy Cooking</b> 1:00 – 2:00 p.m. Rm 2E-25</p> <p><b>Living with Loss Support</b> 5:30 – 7 p.m.</p>	<p>26</p> <p><b>Chair Yoga:</b> 11:00-11:45 a.m.</p> <p><b>Eating to Reduce Pain &amp; Inflammation (ERPI)</b> 11-12:00v p.m. in person 1-2:00 p.m. Virtual</p> <p><b>Gentle Yoga</b> 4 - 5 p.m.</p>	<p>27</p> <p><b>Eat Well, Be Well Healthy Cooking</b> 10:30 – 11:30 a.m.</p> <p><b>Tai Chi for Arthritis and Fall Prevention</b> 1:00-1:45 p.m</p>	<p>28</p> <p><b>Christian Connection:</b> <b>Finding Incredible Power</b> 1:30-2:30 p.m. Rm 2E-10 &amp; Virtual</p>