

Fargo VA Health Care System

Veteran Health Education Calendar

May 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
		1 Chair Yoga: 11:00-11:45 a.m. Gentle Yoga 4 - 5 p.m.	2	3 Christian Connection: Finding Incredible Power 1:30-2:30 p.m. Rm 2E-10 & Virtual
6 Tai Chi Chih 9:30-10:30 Virtual & Rm 2E-25 Mindfulness Series (1) 10:00-11:00 a.m. Intro to Whole Health 1:00-2:00 p.m. 2E-25 In Person Yoga 3-3:45 p.m. Rm 2E-25 Gentle Yoga 5:00 – 6:00 p.m.	7 Veteran Coffee Break 9:00-11:00 a.m. 2E-25 Fitness Connection 2:15-3:00 p.m. Rm 2E-25 Gentle Yoga 3 – 4 p.m.	8 Chair Yoga: 11:00-11:45 a.m. Gentle Yoga 4 - 5 p.m.	9 Tai Chi for Arthritis and Fall Prevention 9:30-10:15 a.m.	10 Christian Connection: Finding Incredible Power 1:30-2:30 p.m. Rm 2E- 10 & Virtual
13 Mindfulness Series (2) 10:00-11:00 a.m. Gentle Yoga 5:00 – 6:00 p.m.	14 Fitness Connection 2:15-3:00 p.m. Rm 2E-25 Gentle Yoga 3 – 4 p.m. Drum Circle 5:30-6:30 p.m. 2E-25 Living with Loss Support 5:30 – 7 p.m.	15 Chair Yoga: 11:00-11:45 a.m. Gentle Yoga 4 - 5 p.m.	16	17 Christian Connection: Finding Incredible Power 1:30-2:30 p.m. Rm 2E- 10 & Virtual
20 Tai Chi Chih 9:30-10:30 Virtual & Rm 2E-25 Mindfulness Series (3) 10:00-11:00 a.m. Relaxation Skills 1-2:15 p.m. Rm 2E-25 Intro to Whole Health 1:00-2:00 p.m. Gentle Yoga 5:00 – 6:00 p.m.	21 Veteran Coffee Break 9:00-11:00 a.m. 2E-25 Fitness Connection 2:15-3:00 p.m. Rm 2E-25 Gentle Yoga 3 – 4 p.m. Living Legacies 5:30-7pm Rm 1C-90	22 Chair Yoga: 11:00-11:45 a.m. Gentle Yoga 4 - 5 p.m.	23 Eat Well, Be Well Healthy Cooking 10:30 – 11:30 a.m. Tai Chi for Arthritis and Fall Prevention 1:00-1:45 p.m.	24 Christian Connection: Finding Incredible Power 1:30-2:30 p.m. Rm 2E-10 & Virtual22
27 Memorial Day Holiday- Closed	28 Eat Well, Be Well Healthy Cooking 1:00 – 2:00 p.m. Rm 2E-25 Fitness Connection 2:15-3:00 p.m. Rm 2E-25 Gentle Yoga 3 – 4 p.m. Living with Loss Support 5:30 – 7 p.m.	29 Chair Yoga: 11:00-11:45 a.m. Gentle Yoga 4 - 5 p.m.	30 Healing Art: Rock Painting 12-1pm VA Healing Garden	31 Christian Connection: Finding Incredible Power 1:30-2:30 p.m. Rm 2E-10 & Virtual22