

# Whole Health Calendar | April - June 2024 VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Zablocki VA Health Care System

No classes on federal holidays: 5/27, 6/19 | Open to Veterans enrolled in VA healthcare with **MKE, UG and NEWAC Clinics**

## Icon Key



VA Video Connect



Phone Group



Milwaukee In-person



Appleton In-person



Green Bay In-person

## Pathway Group:

**Whole Health Orientation** Ext. 43611

**Thursday** 11:00-12:00 pm

**Taking Charge of My Life** Ext. 43611

**Monday 4/15-6/10** 2:00-3:30 pm

**Tuesday 4/23-6/11** 2:15-3:45 pm

**Wednesday 6/26-8/14** 2:00-3:30 pm

**Wednesday 4/24-6/12** 2:00 - 3:30 pm

**Health Coaching Group** Ext. 43611

**Monday 7/1-8/19** 2:30-3:30 pm

**Health Coaching Maintenance** Ext. 43611

**Wednesday 4/10, 5/8, 6/12** 10:00-11:00 am

## Food & Drink:

### Classes:

**Healthy Teaching Kitchen** Ext. 47387

## Family Friends & Co-Workers:

**Relationships & Connection** Ext. 43611

**Monday 4/1-5/20** 1:00-2:00 pm

## Moving the Body:

**Moving the Body Skill-Building** Ext. 43611

**Tuesday 4/16-6/4** 1:00-2:00 pm

**Tai Chi** Ext. 43611

**Monday** 4:30-5:15 pm

**Tuesday** 12:15-1:00 pm

**Thursday** 12:15-1:00 pm

**Tai Chi (Consult Required)** Ext. 47902

**Tai Chi (Consult Required)** Ext. 72923

**Warrior Stance Yoga** Ext. 43611

**Tuesday** 4:30-5:15 pm

**Wednesday** 4:30-5:15 pm

**Yoga (PT Consult Required)** Ext. 47902

**Yoga (PT Consult Required)** Ext. 72923

**Core Strength Yoga** Ext. 43611

**Thursday** 4:30-5:15 pm

**Warrior Stance Chair Yoga** Ext. 43611

**Monday** 12:15-1:00 pm

**Wednesday** 12:15-1:00 pm  
(no class 4/17, 5/15, 6/19)

**Friday** 12:15-1:00 pm

**Qigong** Ext. 43611

**Wednesday 4/24-6/26** (no class 5/8, 6/5)  
10:15-11:00 am

**Resistance Band Workout** Ext. 43611

**Monday 4/22-6/24** (no class 6/3)  
9:00-10:00 am

**WAMM (Walk a Mile or More)** Ext. 42893

**Tuesday, Thursday** 9:00-10:00 am

**Wednesday** 9:00-10:00 am  
B.111 3rd Fl Rec Hall, RM. 3435

**Open Gym** Ext. 41100

**Mon, Wed, Fri** 2:30-3:30 pm | B.111, Rm. B0507

**Open Pool** Ext. 41100

**Thursday** 8:00-9:00 am | B.111, RM. B0520

**Functional Rehab Group** Ext. 41100

**Mon, Wed, Fri** 1:00-3:00 pm

**OT Lifestyle Clinic** Ext. 42893

**Wednesday** 3:00-5:00 pm

## Recharge:

**Healthy Sleep Class** Ext. 45764

**4th Tuesday** 12:00-1:30 pm

**Healthy Sleep Class** Ext. 47449/47550

**4th Wednesday** 10:00-11:30 am

**Recharge Skill-building** Ext. 43611



**Thursday 5/9-6/27** 1:00-2:00 pm

Call to register **1-888-469-6614**



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

## Power of the Mind:



### Guided Imagery

  **Monday** 10:30-11:00 am  
1-872-701-0185 ID: 916 314 395#


### Meditation

  **Tuesday** 11:30-12:00 pm  
1-872-701-0185 ID: 773 544 290#


### Meditation & Mindful Awareness

  **Thursday** 10:00-11:00 am  
1-872-701-0185 ID: 820 015 139#

### VA Calm Ext. 43611

 **Monday 5/6-7/1/24** 1:00-2:30 pm

### VA Calm - Mindfulness Ext. 43611


 **Friday** 9:00-10:00 am

### Zentangle® Ext. 41197

 **Call for appointments**

## Personal Development:

### Coping Skills Ext. 47551

 **Monday** 2:00-3:00 pm

### MOVE! Orientation Ext. 47387

 **Wednesday 5/15** 2:00-3:30 pm

 **Thursday 4/18, 6/20** 9:00-10:30 am

### Healthy Aging Ext. 72598

 **4th Tuesday** 11:00-12:00 pm

### Diabetes Education Ext. 47442

  **Tuesday** 1:00-3:00 pm

  **Wednesday** 9:00-11:00 am

### Milwaukee Diabetes Group Ext. 45888

 **Call for appointments**

### Guitars for Vets Ext. 45981

 **Wednesday** 9:00-12:00 pm

### Visual Impairment Series Ext. 41832


 **Fridays (Call for appointments)**

### Whole Health Gardening Ext. 43611

 **Call for appointments**

## Spirit & Soul:

### Bible Study Ext. 42160

 **Tuesday** 4:30-5:30 pm | Chapel RM. 1705

### Jewish Service Ext. 42160

 **Tuesday** 10:00 am

### Protestant Worship Service Ext. 42160


 **Sunday** 10:00 am

### Catholic Mass Ext. 42160

 **Sunday** 8:30 am

## Women's Programming:

### Health Coaching Group Ext. 43611

 **Thursday 7/11-8/29** 10:30-11:30 am

### Taking Charge of My Life Ext. 43611

 **Thursday 4/25- 6/13** 10:30-12:00 pm

### Healthy Aging Ext. 41661


 **Thursday 4/25, 5/30, 6/27** 1:00-2:00 pm

### Pregnancy Loss Group Ext. 41213

 **Call for appointments**

### Pregnancy Education Series Ext. 41100

 **Tuesday** 4:00-5:00 pm

 **Wednesday** 12:00-1:00 pm

### Postpartum Support Group Ext. 41213

 **2nd & 4th Tuesdays** 12:00-1:00 pm

## Complimentary Integrative Health:

### Emotional Freedom Group Ext. 43611

 **Monday** 9:00-10:00 am

### Intro to Healing Touch Group

 **Wednesday 4/10, 5/8, 6/12** 1:00- 2:00 pm

### Healing Touch (Individual) Ext. 43611

   **Call for appointments** 60 minutes

### Intro to Biofeedback Group Ext. 41197

 **2nd & 4th Friday** 10:00- 11:00 am

### Biofeedback (Individual) Ext. 41197

 **Call for appointments** 60 minutes

### Clinical Hypnosis (Individual) Ext. 43611

  **Call for appointments** 60 minutes



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Icon Key

