



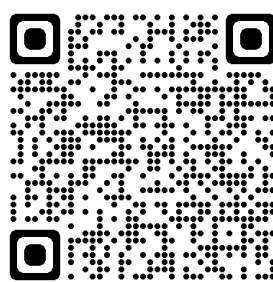
Exercise Opportunities for Veterans

Whole Health continues to expand group exercise opportunities for Veterans.

Current Whole Health exercise clinics include:

- Sit and Be Fit
- Whole Health Strength and Cardio
- Chair and Beginners Yoga
- Mindful Movement
- Tai Chi
- Be Active and MOVE! – Weight and Resistance Training

Additional classes will be added in the coming weeks and months. Please check Whole Health's website frequently for updates.



<https://www.va.gov/lebanon-health-care/programs/whole-health/>

Veterans interested in attending any of the above clinics may call 717-272-6621 ext. 4325 to schedule Exercise Orientation Group. Attending Orientation will help ensure Veterans are connected to the most appropriate program for their current health and fitness level.

Due to expansion of the Whole Health clinical exercise program Fitness Center use by Veterans is by appointment only and is not available for open access use. For concerns regarding changes in access, please see the Patient Advocates in Building 17 Central Business Office, or call 717-272-6621, ext. 6014, 5918, or 6110.



U.S. Department of Veterans Affairs

Veterans Health Administration
Lebanon VA Medical Center