

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
<p><b>Yoga - Intermediate</b> <sup>2</sup> <b>1</b> 9:00-10:00</p> <p><b>Yoga and Sound Meditation</b> <sup>1</sup> 10:00-11:00</p> <p><b>Morning Meditation</b> <sup>2</sup> (Hybrid) 10:30-11:00</p> <p><b>Seated Qigong</b> (Virtual) 11:00-12:00</p> <p><b>Music Meet Up</b> <sup>2</sup> 12:00-1:00</p> <p><b>Art For Vets</b> (Currier Art Museum) 1:00-3:00</p> <p><b>Acupuncture for Well-Being</b> <sup>1</sup> 1:00-3:00</p>	<p><b>Functional Fitness Group</b> <sup>2</sup> (Virtual) 1:00-2:00</p> <p><b>Yoga – All Levels</b> <sup>2</sup> 1:00-2:00</p> <p><b>Stretch it Out</b> (Virtual) 3:00-3:30</p>	<p><b>Yoga - Standing</b> (Virtual) <sup>3</sup> 8:00-8:30</p> <p><b>Yoga - Intermediate</b> <sup>2</sup> 9:00-10:00</p> <p><b>Writing for Well-Being</b> <sup>2</sup> (Hybrid) 9:00-10:30</p> <p><b>Tai Chi for Balance</b> <sup>2</sup> 11:00-12:00</p> <p><b>Art for Well-Being</b> (Virtual) 11:00-12:00</p> <p><b>Yoga - Chair</b> (Virtual) 1:00-2:00</p> <p><b>Creative Arts Competition Info</b> <sup>1</sup> 1:00-2:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>	<p><b>Seated Qigong</b> (Virtual) <sup>4</sup> 11:00-12:00</p> <p><b>Mindfulness</b> (Virtual) 1:00-1:30</p> <p><b>Yoga - All Levels</b> <sup>2</sup> 1:00-2:00</p> <p><b>VA Calm</b> (Virtual) 2:00-3:30</p>	<p><b>Wellness Center Open House</b> <sup>2</sup> <b>5</b> 08:00-10:00</p> <p><b>Functional Fitness Group</b> (Hybrid) <sup>1</sup> 10:00-11:00</p> <p><b>Mindful Journaling</b> (Virtual) 11:30-12:00</p> <p><b>Yoga for Strength</b> <sup>2</sup> 1:00-2:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>												
<p><b>Yoga and Sound Meditation</b> <sup>1</sup> <b>8</b> 10:00-11:00</p> <p><b>Seated Qigong</b> (Virtual) 11:00-12:00</p> <p><b>Music Meet Up</b> <sup>2</sup> 12:00-1:00</p> <p><b>Acupuncture for Well-Being</b> <sup>1</sup> 1:00-3:00</p>	<p><b>Photography</b> (Virtual) <sup>9</sup> 12:30-2:00</p> <p><b>Functional Fitness Group</b> (Virtual) 1:00-2:00</p> <p><b>Stretch it Out</b> (Virtual) 3:00-3:30</p> <p><b>Unity Group</b> (Virtual) 3:30-4:30</p>	<p><b>Yoga - Standing</b> (Virtual) <sup>10</sup> 8:00-8:30</p> <p><b>Fiber Arts</b> <sup>1</sup> 10:30-12:30</p> <p><b>Tai Chi for Balance</b> <sup>2</sup> 11:00-12:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>	<p><b>Healthy Teaching Kitchen</b> <sup>11</sup> (Virtual) 9:00-10:00</p> <p><b>Seated Qigong</b> (Virtual) 11:00-12:00</p> <p><b>Mindfulness</b> (Virtual) 1:00-1:30</p> <p><b>VA Calm</b> (Virtual) 2:00-3:30</p>	<p><b>Functional Fitness Group</b> (Hybrid) <sup>1</sup> 10:00-11:00</p> <p><b>Tai Chi</b> <sup>2</sup> 11:00-12:00</p> <p><b>Yoga – All Levels</b> (Virtual) 11:00-12:00</p> <p><b>Mindful Journaling</b> (Virtual) 11:30-12:00</p> <p><b>Yoga for Strength</b> <sup>1</sup> (Solarium) 1:00-2:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>												
<p><b>Yoga - Intermediate</b> <sup>2</sup> <b>15</b> 9:00-10:00</p> <p><b>Yoga and Sound Meditation</b> <sup>1</sup> 10:00-11:00</p> <p><b>Morning Meditation</b> <sup>2</sup> (Hybrid) 10:30-11:00</p> <p><b>Seated Qigong</b> (Virtual) 11:00-12:00</p> <p><b>Music Meet Up</b> <sup>2</sup> 12:00-1:00</p> <p><b>Acupuncture for Well-Being</b> <sup>1</sup> 1:00-3:00</p>	<p><b>Functional Fitness Group</b> <sup>16</sup> (Virtual) 1:00-2:00</p> <p><b>Yoga – All Levels</b> <sup>2</sup> 1:00-2:00</p> <p><b>Stretch it Out</b> (Virtual) 3:00-3:30</p>	<p><b>Yoga - Standing</b> (Virtual) <sup>17</sup> 8:00-8:30</p> <p><b>Yoga - Intermediate</b> <sup>2</sup> 9:00-10:00</p> <p><b>Tai Chi for Balance</b> <sup>2</sup> 11:00-12:00</p> <p><b>Art for Well-Being</b> (Virtual) 11:00-12:00</p> <p><b>Yoga - Chair</b> (Virtual) 1:00-2:00</p> <p><b>Creative Arts Recognition</b> <sup>1</sup> 1:00-2:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>	<p><b>Seated Qigong</b> (Virtual) <sup>18</sup> 11:00-12:00</p> <p><b>Mindfulness</b> (Virtual) 1:00-1:30</p> <p><b>Yoga - All Levels</b> <sup>2</sup> 1:00-2:00</p> <p><b>VA Calm</b> (Virtual) 2:00-3:30</p>	<p><b>Yoga - Intermediate</b> <sup>2</sup> <b>19</b> 9:00-10:00</p> <p><b>Functional Fitness Group</b> (Hybrid) <sup>1</sup> 10:00-11:00</p> <p><b>Tai Chi</b> <sup>2</sup> 11:00-12:00</p> <p><b>Yoga – All Levels</b> (Virtual) 11:00-12:00</p> <p><b>Mindful Journaling</b> (Virtual) 11:30-12:00</p> <p><b>Yoga for Strength</b> <sup>2</sup> 1:00-2:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>												
<p><b>Yoga - Intermediate</b> <sup>2</sup> <b>22</b> 9:00-10:00</p> <p><b>Morning Meditation</b> <sup>2</sup> (Hybrid) 10:30-11:00</p> <p><b>Seated Qigong</b> (Virtual) 11:00-12:00</p> <p><b>Music Meet Up</b> <sup>2</sup> 12:00-1:00</p> <p><b>Intro to Tai Chi</b> <sup>1</sup> 2:00-3:00</p>	<p><b>Photography</b> <sup>2</sup> <b>23</b> 12:30-2:00</p> <p><b>Functional Fitness Group</b> (Virtual) 1:00-2:00</p> <p><b>Yoga – All Levels</b> <sup>2</sup> 1:00-2:00</p> <p><b>Book Club</b> (Virtual) 2:00 – 3:00</p> <p><b>Stretch it Out</b> (Virtual) 3:00-3:30</p> <p><b>Unity Group</b> (Virtual) 3:30-4:30</p> <p><b>Post 9/11 Vet Connect</b> <sup>1</sup> 5:00-6:30</p>	<p><b>Yoga - Standing</b> (Virtual) <sup>24</sup> 8:00-8:30</p> <p><b>Yoga - Intermediate</b> <sup>2</sup> 9:00-10:00</p> <p><b>Fiber Arts</b> <sup>1</sup> 10:30-12:30</p> <p><b>Tai Chi for Balance</b> <sup>2</sup> 11:00-12:00</p> <p><b>Yoga - Chair</b> (Virtual) 1:00-2:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>	<p><b>Healthy Teaching Kitchen</b> <sup>1</sup> <b>25</b> (Hybrid) 9:00-10:00</p> <p><b>Seated Qigong</b> (Virtual) 11:00-12:00</p> <p><b>Yoga – All Levels</b> <sup>2</sup> 1:00-2:00</p> <p><b>Mindfulness</b> (Virtual) 1:00-1:30</p>	<p><b>Yoga - Intermediate</b> <sup>2</sup> <b>26</b> 9:00-10:00</p> <p><b>Mindful Journaling</b> (Virtual) 11:30-12:00</p> <p><b>Functional Fitness Group</b> (Hybrid) <sup>1</sup> 10:00-11:00</p> <p><b>Yoga – All Levels</b> (Virtual) 11:00-12:00</p> <p><b>Tai Chi</b> <sup>2</sup> 11:00-12:00</p> <p><b>Taking Charge</b> (Virtual) 2:00-3:30</p> <p><b>Yoga for Strength</b> <sup>2</sup> 1:00-2:00</p> <p><b>Tai Chi</b> <sup>2</sup> 3:00-4:00</p>												
<p><b>Yoga - Intermediate</b> <sup>2</sup> <b>29</b> 9:00-10:00</p> <p><b>Yoga and Sound Meditation</b> <sup>1</sup> 10:00-11:00</p> <p><b>Morning Meditation</b> <sup>2</sup> (Hybrid) 10:30-11:00</p> <p><b>Seated Qigong</b> (Virtual) 11:00-12:00</p> <p><b>Music Meet Up</b> <sup>2</sup> 12:00-1:00</p> <p><b>Acupuncture for Well-Being</b> <sup>1</sup> 1:00-3:00</p>	<p><b>Functional Fitness Group</b> <sup>30</sup> (Virtual) 1:00-2:00</p> <p><b>Yoga – All Levels</b> <sup>2</sup> 1:00-2:00</p> <p><b>Stretch it Out</b> (Virtual) 3:00-3:30</p>	<p><b>LOCATIONS</b></p> <p><sup>1</sup> <b>VA Medical Center</b> 718 Smyth Road, Manchester NH</p> <ul style="list-style-type: none"> <li>• <b>Solarium</b> (Basement)</li> <li>• <b>T&amp;E Room</b> (1<sup>st</sup> Floor)</li> <li>• <b>Chapel</b> (2<sup>nd</sup> Floor)</li> </ul> <p><sup>2</sup> <b>Brady Sullivan Tower</b> 1750 Elm Street, Manchester NH</p> <p><b>2<sup>nd</sup> Floor</b></p>	<p><b>OPEN GYM HOURS</b></p> <table border="1"> <thead> <tr> <th>Day</th> <th>Hours</th> </tr> </thead> <tbody> <tr> <td>MON</td> <td>8:30-10:00am 2:00-4:00pm</td> </tr> <tr> <td>TUE</td> <td>8:30-10:00am 12:00-2:00pm</td> </tr> <tr> <td>WED</td> <td>8:30-10:00am 2:00-4:00pm</td> </tr> <tr> <td>THU</td> <td>2:00-4:00pm</td> </tr> <tr> <td>FRI</td> <td>8:30-10:00am</td> </tr> </tbody> </table>	Day	Hours	MON	8:30-10:00am 2:00-4:00pm	TUE	8:30-10:00am 12:00-2:00pm	WED	8:30-10:00am 2:00-4:00pm	THU	2:00-4:00pm	FRI	8:30-10:00am	<p><b>Theme of the Month</b> <i>Whole Health Month</i></p> <p><b>Whole Health is everywhere - get connected!</b></p>
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## Manchester's Whole Health Programs are designed to empower and equip Veterans to live life to the fullest

Please contact Whole Health to register or to learn more. **603-624-4366 ext. 5046**

### Acupuncture for Well-Being (In Person - VA Medical Center, Solarium, Basement)

**Monday - 1:00 - 2:00<sub>PM</sub> & 2:00 - 3:00<sub>PM</sub>** (Apr 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup>)

**\*Appointment required. Space is limited. Call 603-624-4366 x5046 to schedule.**

Following the NADA protocol, this group provides ear acupuncture as a non-pain centric treatment that is focused on general well-being, i.e. anxiety and stress.

### Art for Vets - Creative Cohorts (In Person - Currier Museum of Art, 150 Ash St, Manchester)

**Monday - 1:00 - 3:00<sub>PM</sub>** - Next cohort beginning May 13th

Engage in art making and discussion. 3-week series. No experience necessary.

**Registration required.** [Laura.Shannon@va.gov](mailto:Laura.Shannon@va.gov)

### Art for Well-Being (VVC-VA Video Connect)

**Wednesdays - 11:00 - 12:00<sub>PM</sub>** (Apr 3<sup>rd</sup>, 17<sup>th</sup>)

Inspirational uses of art to de-stress and realize your creative potential.

### Book Club (VVC-VA Video Connect)

**Wednesdays - 2:00 - 3:00<sub>AM</sub>** (Apr 23<sup>rd</sup>)

*Beauty in the Broken Places, Allison Pataki*

### Creative Arts Competition (In Person - VA Medical Center, Solarium)

**Information Session - Wednesday - 1:00 - 2:00<sub>PM</sub>** (Apr 3<sup>rd</sup>)

**National Recognition Event - Wednesday - 1:00 - 2:00<sub>PM</sub>** (Apr 17<sup>th</sup>)

### Fiber Arts & Craft Kits (In Person - VA Medical Center, Solarium)

**Wednesdays - 10:30 - 12:30<sub>PM</sub>** (Apr 10<sup>th</sup> & 24<sup>th</sup>)

Creative collaborative featuring needle felting, knitting, and crocheting.

### Functional Fitness (In Person and VVC-VA Video Connect) **\*This class requires a consult**

**Tuesdays - 1:00 - 2:00<sub>PM</sub>** (Apr 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>) (VVC-VA Video Connect)

**Fridays - 10:00 - 11:00<sub>AM</sub>** (Apr 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>) (Hybrid: VA Medical Center, Solarium)

An exercise program designed to reduce pain by improving strength, flexibility, and function with the goal of giving Veterans the knowledge to safely exercise on their own.

### Healthy Teaching Kitchen (VVC-VA Video Connect & Hybrid)

**Thursday - 9:00 - 10:00<sub>AM</sub>** (Apr 11<sup>th</sup>) (VVC-VA Video Connect)

**Thursday - 9:00 - 10:00<sub>AM</sub>** (Apr 25<sup>th</sup>) (VVC-VA Video Connect & In Person-VA Medical Center, T&E room)

Learn how to make healthy food choices and prepare different foods.

Call 603-624-4366 ext. 6404 or 6415 to enroll.

### Intro to Tai Chi (In Person - VA Medical Center, Chapel, 2<sup>nd</sup> Floor)

**Monday - 2:00 - 3:00<sub>PM</sub>** (Apr 22<sup>nd</sup>)

Learn the basics of Lao Tzu's Water method of Tai Chi and Meditation through stretching, breathing and simple Tai Chi short form that is easy to learn.

### Mindful Journaling (VVC-VA Video Connect)

**Fridays - 11:30 - 12:00<sub>PM</sub>** (Apr 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>)

Unwind through mindful journaling.



**Mindfulness (VVC-VA Video Connect)**

**Thursdays - 1:00 - 1:30PM** (Apr 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>)

Rest and recharge through mindfulness activities including guided imagery and meditation.

**Morning Meditation (VVC-VA Video Connect & In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)**

**Mondays - 10:30 - 11:00AM** (Apr 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>)

Relax and recharge with guided meditation. Meditation styles include yoga Nidra, guided imagery and mindfulness.

**Music Meet Up (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)**

**Mondays - 12:00 - 1:00PM** (Apr 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>)

Join other Veterans in playing and listening to music.

**Open Gym (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)**

**Hours located on the top of page one**

Please call **603-624-4366 x5046** to sign-up or to schedule your initial Wellness Center Orientation.

**Photography (Hybrid)**

**Tuesday - 12:30 - 2:00PM** (Apr 9<sup>th</sup>) - *Image Sharing (VVC-VA Video Connect)*

**Tuesday - 12:30 - 2:00PM** (Apr 23<sup>rd</sup>) (*In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor*)

Veterans will have the opportunity to discuss a different photography skill or topic each session.

**Post 9/11 Veteran Connect (In Person - VA Medical Center, Solarium)**

**Tuesday - 5:00 - 6:30PM** (Apr 23<sup>rd</sup>)

The mission of the group is to foster camaraderie, prioritize health and wellness, and build a supportive community for Post-9/11 Veterans.



**Seated Qigong (VVC-VA Video Connect)**

**Mondays - 11:00 - 12:00PM** (Apr 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>)

**Thursdays - 11:00 - 12:00PM** (Apr 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>)

Learn to open, stretch, and strengthen the body in the seated position. Support joint mobilization for joint health and stretching to open blood flow for increased health. Relieve stress, increase mind-body connection, connect with friends, and have fun.

**Stretch it Out (VVC-VA Video Connect)**

**Tuesdays - 3:00 - 3:30PM** (Apr 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>)

This entry-level class is for any Veteran looking to improve range of motion and flexibility.

**Taking Charge of My Life and Health (VVC-VA Video Connect)**

**Friday - 2:00 - 3:30PM** (Apr 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>)

6-week series - **Call x5046 to register** - Workbook will be provided.

**Tai Chi (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)**

**Wednesdays - 3:00 - 4:00PM** (Apr 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>)

**Fridays - 11:00 - 12:00PM & 3:00 - 4:00PM** (Apr 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>)

Learn traditional Qigong principles, such as Song and Tins in the easy to learn Dragon & Tiger Qigong form. Develop high quality movement principles that may aid in stress release, pain management, managing repetitive stress injuries, regaining flexibility, reducing chronic joint pain, improving balance, increasing mental clarity, and developing effortless power for athletics and martial arts.

**Tai Chi For Balance (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)**

**Wednesdays - 11:00 - 12:00PM** (Apr 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>)

Exercises from the Tai Chi curriculum specifically to address and cultivate greater balance, stability, and flexibility challenges in a small class format.

**Unity Group** (VVC-VA Video Connect)

**Tuesday - 3:30 - 4:30PM** (Apr 9<sup>th</sup>, 23<sup>rd</sup>)

The Unity Group is a LGBTQ+ support group that utilizes the Whole Health model.

**VA CALM** (VVC-VA Video Connect)

**Thursdays - 2:00 - 3:30PM** (Apr 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>)

8-week series focused on building a mindfulness practice.

**Wellness Center Open House** (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)

**Friday - 8:00 – 10:00AM** (Apr 5<sup>th</sup>)

Open house and ribbon cutting. Join us for coffee, a chat and a tour. Open to the public.

**Writing for Well-Being** (VVC-VA Video Connect & In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)

**Wednesdays - 9:00 - 10:30AM** (Apr 3<sup>rd</sup> BS only, no 17<sup>th</sup>)

A community of writers sharing work and using creative writing prompts to inspire and relax.

**Yoga and Sound Meditation** (In Person - VA Medical Center, Solarium, Basement)

**Mondays - 10:00 - 11:00AM** (Apr 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup>)

Yoga for all Veterans. All abilities and experience levels welcome. Can be done sitting on a Yoga mat.

This class will end with 10-15 minutes of sound meditation with singing bowls or gongs for mind/body relaxation.

**Yoga – All Levels**

**Tuesdays - 1:00 - 2:00PM** (Apr 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>) (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)

**Thursdays - 1:00 - 2:00PM** (Apr 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>) (In Person - Brady Sullivan Tower, 2<sup>nd</sup> floor)

**Fridays - 11:00 - 12:00PM** (Apr 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>) (VVC-VA Video Connect)

A mat based movement and mindfulness practice to help you feel your best. All experience levels welcome.

**Yoga – Chair Sequence** (VVC-VA Video Connect)

**Wednesdays - 1:00 - 2:00PM** (Apr 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup>)

A seated yoga practice for all. Classes include breath practices, seated stretching and opportunities to use the chair for balance.

**Yoga – For Strength** (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)

**Fridays - 1:00 - 2:00PM** (Apr 5<sup>th</sup>, (12<sup>th</sup> VA Medical Center, Solarium with Alyssa) 19<sup>th</sup>, 26<sup>th</sup>)

This class uses resistance bands along with yoga inspired postures and movements to build strength.

**Yoga - Intermediate** (In Person - Brady Sullivan Tower, 2<sup>nd</sup> Floor)

**Mondays - 9:00 - 10:00AM** (Apr 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>)

**Wednesdays - 9:00 - 10:00AM** (Apr 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup>)

**Fridays - 9:00 - 10:00AM** (Apr 19<sup>th</sup>, 26<sup>th</sup>)

A mat based Vinyasa practice for those with prior experience and knowledge of basic yoga.

**Yoga – Standing Sequence** (VVC-VA Video Connect)

**Wednesdays - 8:00 - 8:30AM** (Apr 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>)

An all levels standing yoga practice for flexibility, stability and balance.

**#LiveWholeHealth - VA Information** (Internet Resources)



Whole Health centers around what matters to you, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.



U.S. Department of Veterans Affairs