







## Whole Health Wellness Programs, San Francisco VA Health Care System




April – June 2024

Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	Active Yoga	Tuesdays or Fridays	11:00am - 12:00pm	Virtual	Ongoing	<p>Active movement, breath control, simple meditation, and adopting bodily postures for health and relaxation.</p> <p><i>Staff Contact: Tessa Johnson</i></p>
	Anti-Inflammatory Diet Class	Mondays	11:00am - 12:00pm	Virtual	Rolling admission	<p>Chronic inflammation is a contributor to many illnesses and chronic pain. Learn which foods can help reduce inflammation, foods that support the immune system, and practical tips to incorporate these foods into their everyday life.</p> <p><i>Staff Contact: Aska Hokazono</i></p>
	Biofeedback	Wednesdays	8:10am - 8:50am	Virtual	Ongoing	<p>Learn to monitor and control your heart rate variability promotes emotional resilience, stress management, and health.</p> <p><i>Staff Contact: Linda Abadjian</i></p>




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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	Chair One Fitness	Mondays  Tuesdays	11:00am - 12:00pm  5:30pm - 6:30pm	Virtual	4/1/2024 – 12 weeks  4/2/2024 – 12 weeks	Full body, low impact, musically interactive chair exercise program using dance and fitness. <i>Staff Contact: Sharmayne Whitehead</i>
	Creative Writing Warrior	Thursdays	5:00pm - 6:30pm	Virtual	4/4/2024 10 weeks	Veterans will gather together to share our experience, support one another, and unleash creativity. A writing dice game is incorporated and serves as a catalyst for imagination, sparking unexpected ideas and pushing beyond limits. <i>Staff Contact: Sharmayne</i>
	Crochet Basics	Thursdays	3:00pm - 4:00pm	Virtual / Oakland Behavioral Health Clinic	4/4/2024 9 weeks	Veterans will have the opportunity to learn the basic foundations of crochet, engage socially with other veterans to discuss progress or any barriers that veteran may have faced. <i>Staff Contact: Sharmayne Whitehead</i>



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	Diabetes Empowerment Education Program (DEEP)	Fridays	1:00pm - 3:00pm	Virtual	3/29/2024 6 weeks	<p>The Diabetes Empowerment Education Program (DEEP) provides basic skills and knowledge in diabetes. The program uses interactive group activities and adult education approaches.</p> <p><i>Staff Contact: Keisha Bellamy</i></p>
	Easy Chi	Tuesdays	1:00pm-2:00pm	Santa Rosa and Virtual	Rolling admission	<p>Learn a mix of Qi Gung and Tai Chi movements for health and wellness. Standing or seated, this class is accessible for all.</p> <p><i>Staff Contact: Jeremy Joseph</i></p>
	Gentle Flow Yoga	Thursdays	10:00am - 11:00am	Virtual	Ongoing	<p>Gentle movement, breath control, simple meditation, and adopting bodily postures for health and relaxation.</p> <p><i>Staff Contact: Bridget Conboy</i></p>




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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	Healthier Living Workshop	Fridays	10:00am - 12:00pm	Virtual	3/29/2024 6 weeks	Learn practical skills to help you manage chronic conditions that affect your quality of life (e.g., arthritis, diabetes, obesity, stroke). <i>Staff Contact: Keisha Bellamy</i>
	Integrative Health Cooking Class	Tuesdays	10:00am - 11:30am	Virtual	Rolling admission	Learn how to create healthy & delicious meals to help you feel more vibrant and nourished. <i>Staff Contact: Aska Hokazono</i>
	iRest Yoga Nidra Meditation	Mondays	3:00pm - 4:00pm	Virtual	Rolling admission	Embodied meditation practice for deep rest, relaxation, and self-inquiry. Based on the ancient tradition of Yoga Nidra and adapted to suit modern life. <i>Staff Contact: Anna O'gorman</i>

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	<b>Leisure Career Skills</b>  <b>IN-PERSON ONLY</b>	<b>Thursdays</b>	<b>1:00pm - 2:30pm</b>	<b>Oakland</b>	<b>4/4/2024</b> <b>9 weeks</b>	Participants will learn basic graphic design techniques while engaging in a unique hand on Cricut activity. Also learn the basic online business startup fundamentals for unique career opportunities. <i>Staff Contact: Sharmayne Whitehead</i>
	<b>Mellow Yoga</b>  <b>IN-PERSON ONLY</b>	<b>Mondays</b>   <b>Wednesdays</b>	<b>10:00am - 11:00am</b>  <b>3:00pm - 4:00pm</b>  <b>12:00pm - 1:00pm</b>	<b>San Francisco VAMC</b>	<b>4/15/2024</b>	Mellow yoga allows you to release tension in your body, improve range of motion, strength, and balance. <i>Staff Contact: Caitlin Hildebrand</i>

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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	Mindful & Intuitive Eating	Thursdays	11:00am - 12:30pm	Virtual	5/23/2024 5 weeks	Learn about Mindful & Intuitive eating and the value of self-compassion regarding food and eating habits. <i>Staff Contact: Caitlin Hildebrand</i>
	Mindful Movement Group	Mondays	1:00pm - 2:00pm	Virtual	4/1/2024 9 weeks	Support your well-being in your body with gentle movements and music, stimulate creativity, tune into your body and breath, and connect with community. <i>Staff Contact: Sharmayne Whitehead</i>
	Mindfulness Based Cognitive Therapy for Cancer	Friday	11:00am - 12:30pm	Virtual	4/3/2024 12 weeks	MBCT group is here to help patients with cancer find a better sense of well-being and purpose in the face of so many unknowns. <i>Staff contact: Jeremy Joseph</i>

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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	Mindfulness Based Stress Reduction	Wednesdays	2:00pm - 4:30pm	Virtual	4/3/2024 10 weeks	Participants will develop mindful meditation and mindful movement practices as a way of relating directly to stress, pain, and illness, whatever is happening in their life. <i>Staff contact: Lynn Richards</i>
	Pound 4 Vets	Mondays	5:30pm - 6:30pm	Virtual	4/1/2024 13 weeks	Channel your inner rockstar with a full-body cardio jam session inspired by drumming. <i>Staff Contact: Sharmayne Whitehead</i>
	Qi Gung  <b>IN-PERSON ONLY</b>	Mondays	1:00pm - 2:00pm	Santa Rosa South Clinic	Rolling admission	Qi Gung is a system based in martial arts and traditional Chinese medicine that uses flowing movement, deep breathing, and mindful awareness to improve health and inner calm. <i>Staff Contact: David McKinnon</i>

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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	Seated POUND4VETS	Wednesdays	9:30am - 10:00am	Virtual	4/3/2024 10 weeks	Channel your inner rockstar with a seated full-body cardio jam session inspired by drumming. <i>Staff Contact: Sharmayne Whitehead</i>
	Taking Charge of My Life & Health	Tuesdays	10:00am - 12:00pm	Virtual	5/7/2024 6 weeks	Reflect on what really matters to you and what you want your health for; develop a plan, goals, and action steps. <i>Staff Contact: Brett Garcia</i>

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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	VA Calm Group	Thursdays	9:30am - 11:00am	Virtual	4/25/2024 8 weeks	<p>Closed mindfulness group that supports Veteran Whole Health. Mindfulness has been shown to lower stress, improve mental focus, reduce pain, improve mood and sleep through practices to develop present moment awareness. Those both new and familiar to mindfulness are welcome!</p> <p><i>Staff Contact: Linda Abadjian</i></p>
	Veteran's Community Social	Wednesdays	1:00pm - 2:00pm	San Francisco VAMC	Ongoing	<p>An opportunity to connect with fellow Veterans. Veterans need a place to be with other Veterans.</p> <p>Join Us!</p> <p><i>Staff Contact: Brett Garcia</i></p>


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	Veteran's Peer Support Call	Mondays	12:00pm-1:00pm	Virtual	Ongoing	Be with other Veterans in a group led by a Veteran. Talk about the things Veterans need to talk about. We are all in this together! <i>Staff Contact: Brett Garcia</i>
	Veterans Caring Crocheters Club	Mondays	2:00pm - 3:00pm	Virtual	4/1/2024 8 weeks	Veterans will have the opportunity to learn further crochet, knitting, and other yarn crafts beyond the basics of crochet, to engage socially with other veterans to discuss progress or any barriers that the veteran may have faced. <i>Staff Contact: Sharmayne Whitehead</i>
	Veterans' Walking Club	Thursdays <b>1<sup>st</sup> and 3<sup>rd</sup> of the month only</b>	10:00am – 11:30am	Oakland	5/16/2024 - 6/20/2024	Our hiking group is dedicated to providing a supportive and inclusive outdoor experience for veterans of all ages and abilities. We come together to explore the great outdoors, challenge ourselves, and bond over shared military experiences. Whether you're a seasoned hiker or new to the trails, join us for camaraderie, adventure, and the healing power of nature <i>Staff Contact: Sharmayne Whitehead</i>

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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	<b>W.A.R.I.O.R.</b> (Wellness and Resilience Incorporating Outdoor Recreation)  <b>IN-PERSON ONLY</b>	Fridays	10:00am - 3:00pm	Monthly	Ongoing	Free monthly Park Shuttle (provided by Golden Gate Parks Conservancy) from SFVA Medical Center to local national park sites. Hike, sight-see, join in a ranger-led walk, or just relax and enjoy the view. <i>Staff contact: Mark Smith</i>
	<b>Wellness and Resilience Group</b>	Tuesdays	1:00pm - 2:30pm	Virtual	4/9/2024 6 weeks	Learn best practices to boost immunity, strengthen your body, and feel more balanced using nutrition and movement. <i>Staff contact: Aska Hokazono</i>
	<b>Whole Health Coaching</b>  <b>PHONE or VIRTUAL</b>	Mondays - Fridays	Multiple options available	Phone or Virtual	Rolling admission	One-on-one coaching to support you in working toward your own health goals. <i>Available by Consult.</i>

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Wellness Groups	Group Name	Day of Week	Time	Location	Start Date	Description
	Whole Health Mindful Self-Management for Pain	Tuesdays	1:30pm - 2:30pm	Virtual	Rolling admission	One hour class designed to support Veterans develop and strengthen self-management skills for pain management using Whole Health tools such as the Personal Health Inventory and Circle of Health <i>Staff Contact: Elizabeth Gregg</i>

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Visit [WholeHealth.VetsReturnHome.com](http://WholeHealth.VetsReturnHome.com) for a full directory of wellness programs:



For general queries, please call: 415-221-4810, x22526.



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