

FREE Fitness and Mindfulness Classes

Practice Makes Progress

- Register to engage in high-quality fitness and Mindfulness Classes.
- Sign up at <https://app.ompractice.com/veteransaffairs>
- Choose live virtual classes or pre-recorded classes from library.

Focus on

Stress Management
Pain Management
Higher Intensity Workouts
Strength and Aging Well
Women's Health
Veteran classes



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