



VA | U.S. Department
of Veterans Affairs

Madison VA Hospital and Clinics

Integrative Health and Wellness Offerings

The Madison VA provides Whole Health care that empowers and equips Veterans to take charge of their health and well-being. These self-care offerings can support your wellness journey.



VA Video
Connect



In-person
Group

Introduction to Whole Health



10:00 a.m. 1st Tuesday
90 minutes Madison West VA Clinic



2:00 p.m. 1st Tuesday
90 minutes Madison East VA Clinic



2:00 p.m. 1st Thursday
90 minutes Rockford VA Clinic



9:30 a.m. 2nd, 3rd and 4th Thursdays
90 minutes Women's Group Available

Move the Body



2:30 p.m. Move the Body
60 minutes Mondays



12:00 p.m. Move the Body for Women
60 minutes Thursdays

Tai Chi



10:00 a.m. Tai Chi Fundamentals
60 minutes Mondays - Main Hospital - 2A



1:00 p.m. Tai Chi Elements
60 minutes Mondays - Rockford VA Clinic



2:00 p.m. Advanced Tai Chi Form
60 minutes Tuesdays



**9:30 a.m. Adapted Tai Chi Fundamentals
with Chair Options**
60 minutes Wednesdays



8:00 a.m. Advanced Tai Chi Form
60 minutes Thursdays - Rockford VA Clinic



1:30 p.m. Tai Chi Fundamentals
60 minutes Thursdays



9:30 a.m. Adapted Tai Chi/QiGong
60 minutes Fridays



11:00 a.m. Tai Chi/QiGong
60 minutes Fridays

**Call us at 1-608-256-1901
ext. 12537 to get started.**

Wellness



9:00 a.m. Monthly Intro to Aromatherapy
60 minutes 3rd Monday - Main Hospital - 2A



9:30 a.m. Circle of Health
60 minutes Tuesdays



10:00 a.m. Eating for Whole Health
60 minutes Wednesdays



11:30 a.m. Monthly Intro to Aromatherapy
60 minutes 1st Thursday



10:30 a.m. Creative Expressions
90 minutes Fridays - Main Hospital - 2A

Mindful Meditation



1:00 p.m. iRest Meditation
90 minutes Mondays



9:00 a.m. VA CALM: Mindfulness
90 minutes Tuesdays - Madison East VA Clinic or



12:30 p.m. Mindfulness Meditation
60 minutes Thursdays



9:30 a.m. VA CALM: Mindfulness
90 minutes Fridays - Rockford VA Clinic

Yoga



11:00 a.m. Standing and Mat
60 minutes Mondays



2:30 p.m. Chair and Standing
60 minutes Wednesdays



5:00 p.m. Standing and Mat
60 minutes Wednesdays



1:00 p.m. Chair
60 minutes Fridays - Main Hospital - 2A or



Empower Program for Chronic Pain Self-Management

Equips Veterans with tools to improve functioning and reduce the impact of chronic pain. Evidence-based services offered in groups and one-on-one.



10:00 a.m. Vet-to-Vet Peer Group

60 minutes Mondays



10:30 a.m. Empower Orientation

60 minutes 2nd and 4th Tuesdays - East VA Clinic
or 1st and 3rd Tuesdays



12:30 p.m. Empower Foundations

90 minutes Tuesdays



9:30 a.m. Active Management of Pain (AMP)

120 minutes Thursdays - East VA Clinic or



9:30 a.m. Living Well with Chronic Pain

120 minutes Fridays



1:00 p.m. Empower Yoga

90 minutes Fridays - Rockford VA Clinic



Additional Individual Services

- Health coaching
- Clinical hypnosis
- Functional nutrition
- Battlefield Acupuncture for Chronic Pain
- Biofeedback
- Tension & Trauma Releasing Exercises (TRE®)

Chaplain Services

Religious and spiritual counseling, caring for spirit and soul

Call ext. 17546

Local Recovery & Peer Support

Community engagement and recovery-oriented activities

(608) 332-1628

Nutrition & Dietitian Services

- Individual session
- Healthy Teaching Kitchen
- MOVE! Program for weight management
- Diabetes/Pre-diabetes self-management classes

Call ext. 17387

Mental Health Services

Same-day walk-in or consult to mental health

Non-emergency, call ext. 17084

Substance Use Services

Same-day walk-in or consult to mental health

Non-emergency, call ext. 17073

Gerofit Exercise Program (ages 55+)

Ask for a consult from your primary care provider to get started!

(608) 280-7036

Vet Center

Community-based counseling centers for eligible Veterans and families

(608) 264-5342

Veterans Crisis Line

Dial 988, Press 1

Or text 838255

Call us at 1-608-256-1901 ext. 12537 to get started.

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