# Healing Garden Yoga for the Heart and Soul

Nancy Ruud, MSN, RN, AHN-BC, NBC-HWC, RYT-200, is a holistic nurse in action teaching weekly outdoor yoga classes for our Veterans in Fargo, ND. She also is a Whole Health coach and VHEC within our healthcare system. Veterans praise Nancy’s ability to create healing relationships and environments in a currently chaotic world. This photo shows the first Gentle Yoga class held since the COVID-19 pandemic began. Some Veterans were moved to tears for the opportunities to see their comrades after long absences due to self-quarantine. Nancy is a leader in Whole Health practices for the facility and has been a change agent in the facility’s acceptance and integration of Whole Health methodology. Today we would like to honor Nancy for her contributions! Thank you.



*Nancy Ruud, RN leads yoga with Veterans in the Fargo VAMC Healing Garden*