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VA gives thanks for Whole Health peer facilitators

WASHINGTON — The U.S. Department of Veterans Affairs (VA) has designated Nov. 25, as National Whole Health Peer Facilitator Recognition Day as part of Veterans Month.

[Whole Health](#) is a patient centered approach that considers the full range of physical, emotional, mental, social, spiritual and environmental factors that can influence a Veteran's health.

"Peer facilitators are an essential part of the Whole Health transformation," said VA Secretary Robert Wilkie. "The individuals give of themselves as they work to empower and equip fellow Veterans to take control of their health and well-being. Connecting with Veterans through shared experiences, peer facilitators help set personal goals for Veterans based on what matters to them."

Before you sit down for dinner or to watch the big game this Thanksgiving, take a moment to learn more about Whole Health and recognize those Veterans who serve as Whole Health Peer Facilitators for the difference they are making.

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