

Madison VA Hospital and Clinics

Integrative Health and Wellness Offerings



VA | U.S. Department of Veterans Affairs

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.



Monthly Introductions to Whole Health

- 11:30 a.m. 3rd Monday**
90 minutes Main Hospital - 2A
- 10:00 a.m. 1st Tuesday**
90 minutes West Clinic
- 2:00 p.m. 1st Thursday**
90 minutes Rockford CBOC
- 9:30 a.m. 2nd and 4th Thursday**
90 minutes

Move the Body

- 2:30 p.m. Move the Body**
60 minutes Mondays
- 12:30 p.m. Move the Body for Women**
60 minutes Tuesdays

Yoga

- 1:00 p.m. Chair**
60 minutes Fridays - Main Hospital - 2A or
- 2:30 p.m. Chair and Standing**
60 minutes Wednesdays
- 11:00 a.m. Standing and Mat**
60 minutes Mondays
- 5:00 p.m. Standing and Mat**
60 minutes Wednesdays

Tai Chi

- 10:00 a.m. Tai Chi Fundamentals**
60 minutes Mondays - Main Hospital - 2A
- 1:00 p.m. Intro to Tai Chi**
60 minutes Mondays - Rockford CBOC
- 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
- 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

Wellness

- 10:30 a.m. Creative Expressions**
90 minutes Fridays - Main Hospital - 2A
- 9:00 a.m. THRIVE: Women's Group**
90 minutes Thursdays
- 10:00 a.m. Eating for Whole Health**
60 minutes Wednesdays
- 12:30 p.m. Sleep and Recharge**
90 minutes Thursdays
- 9:30 a.m. Circle of Health**
60 minutes Thursdays

Mindful Meditation

- 9:00 a.m. VA CALM: Mindfulness**
90 minutes Tuesdays - Main Hospital - 2A or
- 9:30 a.m. VA CALM: Mindfulness**
90 minutes Fridays - Rockford CBOC
- 12:30 p.m. Mindfulness Meditation**
60 minutes Thursdays
- 1:00 p.m. iRest Meditation**
90 minutes Mondays
- 9:00 a.m. iRest Meditation Drop-in**
30 minutes Tuesdays
Telephone: (872) 701-0185
Code: 61040058#

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

Empower Program

for Chronic Pain Self-Management

This program equips Veterans with the tools needed to improve functioning and reduce the impact of chronic pain in their lives. Evidence-based services are offered in groups and one-on-one.

-  **12:30 p.m. Empower Foundations**
90 minutes Tuesdays
-  **10:00 a.m. Empower Foundations**
90 minutes Thursdays - Main Hospital - 2A
-  **9:30 a.m. Living Well with Chronic Pain**
120 minutes Fridays
-  **10:00 a.m. Vet-to-Vet Chronic Pain**
90 minutes Mondays
-  **1:00 p.m. Empower Yoga**
90 minutes Fridays - Rockford CBOC



Additional Individual Services

- Tension & Trauma Releasing Exercises (TRE®)
- Health coaching
- Clinical hypnosis
- Gardening groups
- Functional nutrition
- Yoga
- Tai Chi
- Mindfulness
- Meditation
- Aromatherapy
- Biofeedback
- And more...

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

Veterans Crisis Line

Dial 988, Press 1

Or text 838255

Vet Center

Community-based counseling centers for eligible Veterans and families

(608) 264-5342

Chaplain Services

Religious and spiritual counseling, caring for spirit and soul

Call ext. 17546

Mental Health Services

Same-day walk-in or consult to mental health

Non-emergency, call ext. 17084

Local Recovery & Peer Support

Community engagement and recovery-oriented activities

(608) 332-1628

Substance Use Services

Same-day walk-in or consult to mental health

Non-emergency, call ext. 17073

Nutrition & Dietitian Services

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

Call ext. 17387

Gerofit Exercise Program (ages 65+)

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

Call ext. 17699

Last updated February 2024