Whole Health & Well-Being Virtual Calendar

Milwaukee VA and Clinics: January 1–March 31, 2021

Classes open to Veterans enrolled in VA healthcare - No classes on Federal Holidays

MONDAY		**Call to register: 1-888-469-6614**
Times	Class	Extension
9:00-10:00 a.m.	**WAMM** *(Walk A Mile or More)*	42893
10:00-11 a.m.	***TAG** *(Harm Reduction Program)*	46851, 45776
10:30-11a.m.	**Guided Imagery**	45114
1:30-2:00 p.m.	**Warrior Stance Chair Yoga**	45080
TUESDAY		**Call to register: 1-888-469-6614**
9:00-10:00 a.m.	**WAMM** *(Walk A Mile or More)*	42893
10:00-11:00 a.m.	***TAG** *(Harm Reduction Program)*	46851, 45776
10:30-11:15 a.m.	**Tai Chi: Session I**: Jan. 12th–Feb. 9th **Session II**: Feb. 16th–March 16th	45080
11:30-12:00 p.m.	**Meditation**	45114
Noon-1:30 p.m.	****Healthy Sleep Class** - Jan. 26th, Feb. 23rd, March 23rd	41668
1:00-2:00 p.m.	***Recovery Boot Camp**	44933, 46984
4:00-5:00 p.m.	***Anger Management**	41848
WEDNESDAY		**Call to register: 1-888-469-6614**
9:00-10:00 a.m.	**WAMM**	42893
10:00-10:45 a.m.	**Chair aerobics**	45981
10:00-11:00 a.m.	***TAG** *(Harm Reduction Program)*	46851, 45776
1:15-2:00 p.m.	**Qigong**	43611
2:00-3:30 p.m.	**MOVE! Orientation - Feb 17th**	44933, 46984
4:30-5:15 p.m.	**Gentle Yoga**	45114
THURSDAY		**Call to register: 1-888-469-6614**
9:00-10:00 a.m.	**Soil for the Soul** – Gardening Education *Every 1st and 3rd Thursday*	45114
9:00-10:30 a.m.	**MOVE! Orientation** - Jan. 21st, March 18th	47387
10:00-11:00 a.m.	**Meditation and Mindful Awareness**	45114
11:00-Noon	**Live Your Best Life**: Whole Health and Well-Being Orientation	45080
1:00-2:00 p.m.	***Recovery Boot Camp**	44933, 46984
2:30-3:15 p.m.	**Tai Chi** - Session I: Jan. 7th–Feb. 4th Session II: Feb.18th–March 18th	45114
7:00-8:00 p.m.	**Yoga "Sleep" Meditation**	1-800-767-1750 code 24953
FRIDAY		**Call to register: 1-888-469-6614**
9:00-10:00 a.m.	**Emotional Freedom Technique**: Tapping for pain and stress management 1/15, 2/19, 3/19	45114
10:00-10:45 a.m.	**Chair Aerobics**	45981
10:00-11:00 a.m.	***TAG** (Alternative Treatment Recovery Group)	46851, 45776
11:30-Noon	**Warrior Stance Yoga Nidra**	43611
1:00-2:00 p.m.	***Depression**	41848

VA Video Connect Program Help Desk
1-866-651-3180
Learn more at: mobile.va.gov/app/va-video-connect

Self-Referral Virtual Classes – January-March, 2021 414-384-2000

Taking Charge of My Life and Health

Facilitated by Veteran peers, and helps Veterans identify what matters most to them. The class empowers Veterans to set goals and learn the skills to achieve them. Veterans and facilitators provide support for each other's journey to success and improved well-being.

Call extension 45080 to register.

When: Wednesdays

Jan. 27th – March 24th 10:15–11:30 a.m. (9 weeks)
Feb. 10th – March 17th 2:00-3:30 p.m. (6 weeks)

Wellness Power Hour

Learn self-care tips to manage well-being, based on eight areas on the circle of health which impact your Whole Health for Life! To join by phone: 1-404-397-1596 access code: 199 192 8427. To join virtual: call extension 45114.

When: Wednesdays

Jan. 20th 12:00-1p.m., Personal Development
Feb. 17th 12:00-1:00 p.m., Relationships
March 17th 12:00-1p.m., Food and Drink

Power of the Mind Skill Building Education

Power of the Mind includes many aspects of our health – how we deal with stress, how we work with emotions, our thoughts, and how our mind and body affects each other. Learn ways to use the power of your mind to cope and heal. This is an eight part series.

Call extension 43611 to register.

Health Coaching

Let us partner with you to help develop a personalized program to achieve your health and well-being goals. Work one-on-one with a Health Coach to self-reflect on your personal mission, set specific goals and identify your own action plan to reach your goals. Health Coaches help guide Veterans in learning how to make meaningful and sustainable behavioral changes. Let us help you live your best life! For more information:

Green Bay, Cleveland, Appleton, Milwaukee and Union Grove: Call extension 45114 or 45080 for additional information

Soil for the Soul: Nature Series

Join the Whole Health gardening group for a monthly education with the focus on all things related to nature. Connecting with nature can be a purposeful, spiritual experience as well as good for the Soul. Various topics presented by speakers from the VA and our local community.

Call extension 45114 to register

When: Thursdays 12:00-1:00 p.m.

Jan. 28th Winter Tacking and Snow Shoeing
Feb. 25th Learn the ins and outs of Beekeeping
March 25th Starting from Seed

Parenting Consultation Services

Offered through the Mental Health Division, this service allows Veterans individual consultation about matters of parenting and child development. Consultations are via phone or VA Video Connect. Intended for Veterans with minor children and includes education and brief counseling on a wide range of topics. Call if you are interested in being screened for this service.

Call extension 46678

Tobacco Treatment/Smoking Cessation

Virtual Telephone Support

1-855 QUIT VET (1-855-784-8838

When: Monday-Friday
8:00 a.m.-8:00 p.m.

Text Messaging Support

Text VET to 47848 or visit Smokefee.gov/VET

When: Available 24/7

Zentangle™

The Zentangle® Method is an easy to learn art form using repetitive patterns to create beautiful images. It can provide stress relief, improved focus, and a sense of well-being.

extension 41197 for more information

Diabetes Education Classes

Learn tips to manage your diabetes or take a refresher course to update your skills.

When: Tuesdays and Thursdays call extensions 41903, 42725, 45888 for more information

For Mental Health patients who have been seen by a Mental Health provider within the past 2 years

For more information, call the Milwaukee VA Wellness Hotline:

414 384-2000, extension 43611

website: www.milwaukee.va.gov | social media: @milwaukeeva

VA | U.S. Department of Veterans Affairs

Live Whole Health.