Whole Health & Well-Being "Drop-in" Calendar
Milwaukee VA – January 2 thru March 31, 2020

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Milwaukee VA Medical Center

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

Times	Class	Location
MONDAYS		
8:00-8:30 a.m.	**Mindful Monday** - 1-844-376-0278 access code: 685412322	*Phone-in only*
8:00-9:00 a.m.	**Open Pool**	Bldg. 111, Rm B0520
9:00-10:00 a.m.	**Walk A Mile or More (WAMM)**	Bldg. 111, Rm 3435
1:00-2:00 p.m.	**Parenting in the 21st Century** - 2nd and 4th Monday	Bldg. 111, Rm 3100
	***Coping, Understanding, Support and Prevention (CUSP)**	Bldg. 43, Rm A150
1:30-3:30 p.m.	**Whole Health & Well-Being Orientation** - 4th Monday of the month	Bldg. 70, Rm D13
2:00-3:30 p.m.	**Veteran Wellness Group**	Bldg. 70, Rm D13
	Open Gym	Bldg. 111, Rm B0513
4:15-5:10 p.m.	**Warrior Stance Yoga** - every Monday in March	Bldg. 43, Rm 105
4:30-5:30 p.m.	**TAG Evening Recovery Support Group**	Bldg. 43, Room A174
TUESDAYS		
9:00-10:00 a.m.	**Walk A Mile or More (WAMM)**	Bldg. 111, Rm 3435
Noon-12:30 p.m.	**Meditation and Mindfulness**	Bldg. 111, Rm 3435
Noon-1:30 p.m.	**Healthy Sleep Class** - 4th Tuesday of the month	Bldg. 70, Rm D20
1:00-2:00 p.m.	***Recovery Boot Camp** - Substance Use Early Recovery	Bldg. 43, Rm A222
	Aromatherapy and Zentangle®	Bldg. 43, Rm A174
2:00-3:00 p.m.	**Open Pool**	Bldg. 111, Rm B0520
2:15-3:15 p.m.	**Warrior Stance Yoga**	Bldg. 43, Rm B105
3:00-4:00 p.m.	**Grief Support** - 2nd and 4th Tuesday of the month	Bldg. 43, Rm A150
WEDNESDAYS		
8:00-9:00 a.m.	**Open Pool**	Bldg. 111, B0520
8:00 a.m.-Noon	**Occupational Therapy Lifestyle Exercise Group**	Bldg. 111, Rm 5230
10:30-11:30 a.m.	**MOVE! Over Diet Cooking Class** - 3rd Wednesday of the month	Bldg 111, Rm 3435
11:00 a.m.-Noon	***Coping Skills Group**	Bldg. 43, Rm A150
1:00-2:00 p.m.	***Coping, Understanding, Support and Prevention (CUSP)**	Bldg. 43, Rm 150
2:00-3:30 p.m.	**Open Gym**	Bldg. 111, Rm B0513
3:00-4:00 p.m.	**Warrior Stance Yoga**	Bldg. 43, Rm B105
	Tobacco Treatment Drop-In Clinic	Bldg. 70, Rm D21
THURSDAYS		
8:00-9:00 a.m.	**Open Pool**	Bldg. 111, Rm B0520
9:00-10:00 a.m.	**Walk A Mile or More (WAMM)**	Bldg. 111, Rm 3435
10:15-11:00 a.m.	**Warrior Stance Chair Yoga** – No class Jan. 2, Feb. 20, Mar. 26	Bldg. 111, Rm 3435
Noon-1:00 p.m.	**Advanced Care Planning** - 1st Thursday of the month	Bldg. 70, Rm D21
1:00-2:00 p.m.	***Recovery Boot Camp** - Substance Use Early Recovery	Bldg. 43, Rm A222
2:00-3:00 p.m.	**Open Pool**	Bldg. 111, Rm B0520
7:00 p.m.	**Yoga "Sleep" Guided Meditation** 1-800-767-1750 access code: 24953	*Phone-in only*
FRIDAYS		
2:00-3:30 p.m.	**Open Gym**	Bldg. 111, Rm B0513

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

Self-Referral Classes – January 2-March 31, 2020

414-384-2000

Adaptive Tai Chi
Open to all levels of mobility
extension 43611
When: Wednesdays, January 22-March 11
4:30-5:30 p.m.
Fridays, January 24-March 13
10:30-11:30 a.m.

Beginner Yoga
extension 43611
When: Mondays, January 27, February 3 and10
4:15-5:00 p.m.
Where: Bldg. 43, Rm B105

Brazilian Jiu Jitsu
extension 42449
When: Tuesdays, 4:30-6:00 p.m.
Thursdays, 3:30-5:30 p.m., and first Sunday of every month, 10:00 a.m.-Noon
Where: Bldg. 43, Rm B105

Diabetes Conversation Map Class
Diabetes Self-Management Education
extension 41903, 42725, or 45888

Diabetes Update
When: Wednesday, February 19, Noon-3:00 p.m.
Where: Bldg. 70, Rm D21

Feast of Crispian: And Comes Safe Home Performance
extension 46575
When: Thursday, January 23, 6:30-9:00 p.m.
Where: Bldg. 111, Rm 3435

Feast of Crispian Workshops
extension 46575
When: Friday, March 27, 7:00-9:30 p.m.
Saturday, March 28, 10:00 a.m.-5:00 p.m.
Sunday, March 29, 12:30-2:30 p.m.
Where: Bldg. 111, Rm 3435

Fly Tying, National Sports Program, and Wood Carving
extension 41256

Guitars for Vets
extension 45981

LGBT+ Living Rainbow Connection
extension 46844
When: Mondays
Where: Call phone number for time and location

Taking Charge of My Life and Health
extension 43611
When: 10:15-11:30 a.m.
Group I: Meets every Wednesday
January 22-March 18
Group II: Meets every Tuesday
February 4-March 31

Tinnitus Group Education Classes & Worshops
extension 41221

Veterans Creative Arts Competition
414-382-5070
Application Deadline: February 5

Whole Health and Well-being Retreat
When: Wednesday, January 15, 10 a.m.-2:00 p.m.
Where: Matousek Auditorium

Whole Health – Wellness Power Hour
extension 43611
When: Wednesday, February 19, Noon-1:00 p.m.
Family, Friends, and Co-workers
When: Wednesday, March 18, Noon-1:00 p.m.
Spirit and Soul

For more information, contact the Milwaukee VA
Wellness Hotline: 414-384-2000, extension 43611
5000 W. National Ave., Milwaukee, WI 53295
website: www.milwaukee.va.gov
or social media @milwaukeeva

Whole Health for Life