

**Manchester VA Medical Center**  
**Integrative Health Program Schedule**  
**November 2018**

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|---|--|---|--|---|---|
| <b>YMCA of Greater Nashua</b> 24 Stadium Dr, Nashua<br>603-882-2011<br><br><b>Concord GoodLife</b> 254 N. State St, Concord<br>603-228-6630<br><br><i>All classes at VAMC are held in the Solarium<br/> unless otherwise stated</i> |  |   | <b>1 VAMC</b><br>11-12 Tai Chi<br><br><b>CONCORD</b><br>2:45-3:45 Yoga   | <b>2 VAMC</b><br>10-11 Walking Group<br><br>11:30-12:30<br>Functional Fitness<br>(Consult Required<br>from Primary Care)  | <b>3 VAMC</b><br>9-12 First<br>Saturday<br>Wellness Clinic<br>(PT/OT Rehab<br>Clinic) |
| <b>5 VAMC</b><br>10-11:15 Yoga & Sound<br>Meditation<br><br>1-3 Veteran Art Class<br><br><b>NASHUA</b><br>2-3 Yoga  | <b>6 VAMC</b><br>3-4 Tai Chi (T&E<br>Room, First Floor)  | <b>7 VAMC</b><br>9-10 Women's Group<br>(Room N267)<br><br>3-4 Mindfulness Group<br><br>4:30-5:30 Rx Relax Yoga-<br>seated (T&E Room, First<br>floor)<br><br><b>NASHUA</b><br>1:30-2:30 Walking Grp  | <b>8 VAMC</b><br>11-12 Tai Chi<br><br><b>CONCORD</b><br>2:45-3:45 Yoga   | <b>9 VAMC</b><br>10-11 Walking Group<br><br>11:30-12:30<br>Functional Fitness<br>(Consult Required<br>from Primary Care)<br><br>1-3 Intro to Whole<br>Health (T&E room,<br>first floor) | <b>10</b>   |
| <b>12</b><br><b>Veterans Day</b> (observed)<br><b>Federal Holiday</b><br><br><b>No Class</b>  | <b>13 VAMC</b><br>10-11 Yoga<br><br>1-2 Functional Fitness<br>(Consult Required<br>from Primary Care)<br><br>3-4 Tai Chi | <b>14 VAMC</b><br>3-4 Mindfulness Group<br><br>4:30-5:30 Rx Relax Yoga-<br>seated (T&E Room, First<br>floor)<br><br><b>NASHUA</b><br>1:30-2:30 Walking Grp  | <b>15 VAMC</b><br><br><b>CONCORD</b><br>2:45-3:45 Yoga   | <b>16 VAMC</b><br>10-11 Walking Group<br><br>11:30-12:30<br>Functional Fitness<br>(Consult Required<br>from Primary Care)   | <b>17</b>   |
| <b>19 VAMC</b><br>10-11:15 Yoga & Sound<br>Meditation<br><br>1-3 Veteran Art Class<br><br><b>NASHUA</b><br>2-3 Yoga   | <b>20 VAMC</b><br>10-11 Yoga<br><br>1-2 Functional Fitness<br>(Consult Required<br>from Primary Care)<br><br>3-4 Tai Chi | <b>21 VAMC</b><br>9-10 Women's Group<br>(Room N267)<br><br>3-4 Mindfulness Group<br><br>4:30-5:30 Rx Relax Yoga-<br>seated (T&E Room, First<br>floor)<br><br><b>NASHUA</b><br>1:30-2:30 Walking Grp | <b>22</b><br><b>Thanksgiving</b><br><b>Federal Holiday</b><br><br><b>No Class</b>  | <b>23 VAMC</b><br>11:30-12:30<br>Functional Fitness<br>(Consult Required<br>from Primary Care)<br><br>1-3 Intro to Whole<br>Health (T&E room,<br>first floor)                           | <b>24</b>   |
| <b>26 VAMC</b><br>10-11:15 Yoga & Sound<br>Meditation<br><br>1-3 Veteran Art Class<br><br><b>NASHUA</b><br>2-3 Yoga   | <b>27 VAMC</b><br>10-11 Yoga<br><br>1-2 Functional Fitness<br>(Consult Required<br>from Primary Care)<br><br>3-4 Tai Chi | <b>28 VAMC</b><br>3-4 Mindfulness Group<br><br>4:30-5:30 Rx Relax Yoga-<br>seated (T&E Room, First<br>floor)<br><br><b>NASHUA</b><br>1:30-2:30 Walking Grp  | <b>29 VAMC</b><br>11-12 Tai Chi<br><br>4-5 Qi Gong<br><br><b>CONCORD</b><br>2:45-3:45 Yoga   | <b>30 VAMC</b><br>11:30-12:30<br>Functional Fitness<br>(Consult Required<br>from Primary Care)  |  |

*Learning from the teacher within*

For more information on these programs please call the Whole Health Program  
603-624-4366 ext. 2680

# Integrative Health Program Offerings

## Introduction to Whole Health

A workshop designed to introduce you to the VA Whole Health approach to care. This approach is helpful in meeting your goals and capitalizing on your opportunities. You will be introduced to the areas of self-care and well-being and have the opportunity to explore all offerings of Whole Health.

## Yoga for Well-Being

A specifically designed yoga for Veterans regardless of physical limitations or emotional issues. It includes meditation, movement, and relaxation therapy. Participants will benefit from increased physical flexibility, decreased depression, anxiety, and irritability resulting in better coping abilities and a general sense of contentment.

## RxRelax Yoga

“Relax Yoga” is suitable for beginners as well as experts. These sessions are designed to help people reverse or better manage stress, depression, anxiety, insomnia, pain and hypertension. This is a seated practice.

## Mindfulness Group

Mindfulness Practice is to achieve a sense of calm and quiet in the face of dealing with the difficulties we encounter in our daily lives. Mindfulness Practice can help with a wide range issues including pain, anxiety, depression, stress, PTSD and life in general.

## Tai Chi Moving for Better Balance

Tai Ji Quan Moving for Better Balance uses 8 forms of the traditional Yang style of Tai Chi. It is designed for older adults at risk of falling and people with balance disorders. Participants will benefit from enhanced mindfulness, core strengthening, and a greater locus of Center of Gravity.

## Gigong

Qigong is a set of techniques from China that encourage greater mental mastery over the body. Regular practice can help you move with greater ease, lower pain and stress, and enjoy activities in your life longer. We offer a group that teaches these techniques for people of all ages and abilities. Come play with us and improve your health!

## Whole Health Coaching

Coaching includes a comprehensive assessment of all parts of the Veteran’s life through the completion of the Personal Health Inventory. Areas explored include: physical, emotional, spiritual, environmental, social and nutritional. From this evaluation, the Veteran, with the help from the Health Coach, designs a Personal Health Plan with achievable goals.

## Walking Group

A class for every one of all ages and fitness levels. This class allows you to choose your own "speed" of walking. The terrain will consist of primarily outdoor flat terrain with indoor track walking on inclement weather days. Class members meet at the beginning and end of each class session to stretch.

## Functional Fitness

An exercise program designed to help reduce back, joint or muscle pain by improving strength, flexibility and function with the goal of giving Veterans the knowledge to safely exercise on their own. \*This class requires a provider’s consult\*

## Women’s Group

A group for female veterans focusing on issues related to women’s health and wellness. Covers wellness related topics such as physical, emotional, spiritual, environmental, social, and nutritional.

## Expressive Art Group

Veterans will use art as a way of exploring, expressing, and discussing emotions, experiences, and opportunities for growth. Veterans will use different art media to work on mental health concerns, social skills, and group processing.

