

March 2020

Manchester VA Medical Center  
Whole Health Program Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2 VAMC</b> 10-11:15 Yoga &amp; Sound Meditation 1-3 Veteran Art Class 3:00-5:00 Acupuncture (Registration Required)</p> <p>NASHUA 2-3 Yoga</p>	<p><b>3 VAMC</b> 1-2 Functional Fitness (Consult Required from Primary Care)</p> <p>BRADY SULLIVAN 1-3 Open Gym 3-4 Tai Chi</p>	<p><b>4 VAMC</b> 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&amp;E Room, First floor)</p> <p>BRADY SULLIVAN 9-10:15 Yoga 9-10:30 Writing for Well-Being 11-2 Women ONLY Open Gym 2:30-4 Women's Wellness</p>	<p><b>5 VAMC</b> 9:30-11:30 Healthy Teaching Kitchen** 11-12 Tai Chi 1-2 Whole Health Nutrition**</p> <p>BRADY SULLIVAN 8-1 Open Gym PORTSMOUTH 3-4 Yoga CONCORD 2:45-3:45 Yoga</p>	<p><b>6 VAMC</b> 11:30-12:30 Functional Fitness (Consult Req. from Primary Care)-T&amp;E Room</p> <p>BRADY SULLIVAN 7-11 Open Gym 10-11 Walking Group NASHUA 1:30-2:30 Aqua Yoga</p>	<p><b>7 VAMC</b> 9-11 First Saturday Wellness Clinic</p>
<p><b>9 VAMC</b> 10-11:15 Yoga &amp; Sound Meditation 1-3 Veteran Art Class 3:00-5:00 Acupuncture (Registration Required)</p> <p>NASHUA 2-3 Yoga</p>	<p><b>10 VAMC</b> 1-2 Functional Fitness (Consult Required from Primary Care)</p> <p>BRADY SULLIVAN 1-3 Open Gym 3-4 Tai Chi</p>	<p><b>11 VAMC</b> 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&amp;E Room, First floor)</p> <p>BRADY SULLIVAN 9-10:15 Yoga 9-10:30 Art for Well-Being 2:30-4 Leisure for Well-Being</p>	<p><b>12 VAMC</b> 9:30-11:30 Healthy Teaching Kitchen** 11-12 Tai Chi 1-2 Whole Health Nutrition**</p> <p>BRADY SULLIVAN 8-1 Open Gym PORTSMOUTH 3-4 Yoga CONCORD 2:45-3:45 Yoga</p>	<p><b>13 VAMC</b> 11:30-12:30 Functional Fitness (Consult Req. from Primary Care)-T&amp;E Room 1-2 Intro to Whole Health</p> <p>BRADY SULLIVAN 7-11 Open Gym 10-11 Walking Group NASHUA 1:30-2:30 Aqua Yoga</p>	<p><b>14</b></p>
<p><b>16 VAMC</b> 10-11:15 Yoga &amp; Sound Meditation 1-3 Veteran Art Class 3:00-5:00 Acupuncture (Registration Required)</p> <p>NASHUA 2-3 Yoga</p>	<p><b>17 VAMC</b> 1-2 Functional Fitness (Consult Required from Primary Care)</p> <p>BRADY SULLIVAN 1-3 Open Gym 3-4 Tai Chi</p>	<p><b>18 VAMC</b> 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&amp;E Room, First floor)</p> <p>BRADY SULLIVAN 9-10:15 Yoga 9-10:30 Writing for Well-Being 11-2 Women ONLY Open Gym 2:30-4 Women's Wellness</p>	<p><b>19 VAMC</b> 9:30-11:30 Healthy Teaching Kitchen** 11-12 Tai Chi 1-2 Whole Health Nutrition**</p> <p>BRADY SULLIVAN 8-1 Open Gym PORTSMOUTH 3-4 Yoga CONCORD 2:45-3:45 Yoga</p>	<p><b>20 VAMC</b> 11:30-12:30 Functional Fitness (Consult Req. from Primary Care)</p> <p>BRADY SULLIVAN 7-11 Open Gym 10-11 Walking Group NASHUA 1:30-2:30 Aqua Yoga</p>	<p><b>21</b></p>
<p><b>23 VAMC</b> 10-11:15 Yoga &amp; Sound Meditation 1-3 Veteran Art Class 3:00-5:00 Acupuncture (Registration Required)</p> <p>NASHUA 2-3 Yoga</p>	<p><b>24 VAMC</b></p> <p>BRADY SULLIVAN 1-3 Open Gym</p>	<p><b>25 VAMC</b> 3-4 Mindfulness Group* 4:30-5:30 Rx Relax Yoga-seated (T&amp;E Room, First floor)</p> <p>BRADY SULLIVAN 9-10:15 Yoga</p>	<p><b>26 VAMC</b> 9:30-11:30 Healthy Teaching Kitchen**</p> <p>PORTSMOUTH 3-4 Yoga</p>	<p><b>27 VAMC</b> 11:30-12:30 Functional Fitness (Consult Req. from Primary Care) 1-2 Intro to Whole Health</p> <p>BRADY SULLIVAN 7-11 Open Gym 10-11 Walking Group NASHUA 1:30-2:30 Aqua Yoga</p>	<p><b>28</b></p>
<p><b>30 VAMC</b> 10-11:15 Yoga &amp; Sound Meditation 1-3 Veteran Art Class 3:00-5:00 Acupuncture (Registration Required)</p> <p>NASHUA 2-3 Yoga</p>	<p><b>31 VAMC</b> 1-2 Functional Fitness (Consult Required from Primary Care)</p> <p>BRADY SULLIVAN 1-3 Open Gym 3-4 Tai Chi</p>	<p>Classes are in the Solarium unless otherwise noted **Registration Required: Nutrition classes; Healthy Teaching Kitchen *Mindfulness Group - check-in with Primary Care</p> <p>Brady Sullivan Tower, 1750 Elm St., Ste 200, Manchester YMCA of Greater Nashua, 24 Stadium Drive, Nashua, 603-882-2011 Portsmouth YMCA, 550 Peverly Hill Rd, Portsmouth, 603-431-2334 Concord Goodlife, 254 N. State St., Concord, 603-228-6630</p>			

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

Visit [www.manchester.va.gov](http://www.manchester.va.gov) to find our schedule on-line

# Whole Health Program Offerings

## Introduction to Whole Health

This class will provide an overview of the VA Whole Health approach to care. Veterans will have the opportunity to reflect on and create a Mission/Aspiration/Purpose (MAP) from the perspective of what matters most to them. We'll look at areas of self-care and well-being, and explore ways to equip and empower Veterans to engage fully in their health care through 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.

## Aqua Yoga

Veterans will utilize the therapeutic properties of water to enhance the physical and mental health benefits of yoga. Veterans will use pool equipment (noodles, floats, etc.) to practice yoga poses in the pool, with a relaxation/meditation at the end.

## 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.

## Acupuncture for Wellness

Acupuncture has been shown to improve a person's overall well-being by promoting and stimulating the body's healing processes. Patients experience not only physical well-being, but also an improved and more balanced state of mind. Our acupuncture is held in a group setting and is exclusively done on the ears to promote a sense of relaxation and well-being. This group requires pre-registration.

## 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 of 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. Participants will benefit from enhanced mindfulness, core strengthening, and a greater locus of Center of Gravity.

## Sound Meditation

Use of sound to reduce stress, improve emotional well-being, and promote relaxation.

## Leisure for Well-Being

Leisure has several distinct, yet related meanings. Through experiential activities, participants will learn how leisure can serve as a catalyst for improving quality of life.

## Art for Well-Being

Inspirational and practical uses of art to de-stress and realize your creative potential. No experience necessary. All materials will be provided.

## Writing for Well-Being

Use of creative writing prompts to inspire and relax.

## Women's Wellness

A women only group to equip and empower overall health and wellness.

## Individual 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 walking on inclement weather days.

## 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\*

## Open Gym

After discussing any new exercise routine with your primary care doctor, Veterans enrolled at Manchester VA are welcome to utilize the new gym equipment in suite 200 at the Brady Sullivan Tower. Check in at the desk, complete a quick orientation, and take advantage of this great space with large windows and new fitness equipment! (shower facilities are not available)

## Healthy Teaching Kitchen for Whole Health

Classes offer a hands-on experience to learn healthy cooking skills. Veterans and their families learn how to make healthy food choices and prepare different foods. A variety of classes will be offered focusing on different nutrition topics. Participants will have the chance to sample new foods that they may have not tried before. To sign up, please call 624-4366 ext. 6404.

## Whole Health Nutrition

3/5 offers an Intro to Food & Drink for Whole Health; 3/12 teaches us Mindful Eating; 3/19 discusses Calories In vs. Calories Out. Registration is required, please call (603) 624-4366 ext. 3829.