



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Patient Centered Care and
Cultural Transformation



Please Join Us For An Introduction to Whole Health

What is this?

- This introduction to Whole Health session is designed to introduce you to the VA Whole Health approach to care.
- Transitioning from the Service can pose unique challenges and opportunities and we'll discuss why a whole health approach is helpful in meeting these challenges and capitalizing on your opportunities.
- Through our programs and services and, most importantly, your own strengths and abilities, we will work together in a healing partnership to optimize your well-being with a focus on what is important to YOU.
- We'll also describe areas of self-care and well-being that make up all the different aspects of who we are as individuals.
- Our number one goal is that you accomplish the mission you create for yourself.



What is Whole Health?

- Whole Health recognizes you as a whole person and helps support your unique answer to the question, "What would you do if your health were the best it could be?"
- Whole Health goes beyond your illnesses, injuries, or disabilities.
- It focuses on your values and aspiration, your health and well-being and includes self-care and complementary therapies (such as acupuncture, massage, and yoga), along with your conventional medical care.
- In Whole Health care, you are a more active partner with your health team.

Date and Time: The first Friday of each month from 11:00 a.m. – 1:00 p.m.

The third Saturday of each month from 1:00 p.m. – 3:00 p.m.

Location: Sioux Falls VA Health Care System, 2501 W. 22nd Street, Sioux Falls, SD
First Floor, Building 52, Integrative Health Building, Room 107. Please ask for
directions at front entrance desk.

For questions and more information, contact:

Connie Denevan, Whole Health Coordinator, at 605-336-3230, extension 9-7736

