



# Whole Health Basic Training



*Get the most out of your VA health care benefits!*

**Essential learning courses for every enrolled Veteran and every transitioning service member**

All courses are free & no appointments are needed for these drop-in classes.

You may bring a support person.

Contact: Jay Hunter, Peer Support Specialist, Whole Health Peer Leader, 605-336-3230, extension 7930, [Jason.Hunter2@va.gov](mailto:Jason.Hunter2@va.gov)

**Orientation to Whole Health and VA Resources:** This class will introduce you to VA’s Whole Health approach to care and help you understand the services provided through the Sioux Falls VA Health Care System.

**Intro to Whole Health:** Led by Veteran peers, this is designed to introduce you to VA’s Whole Health approach to care. You will learn how your strengths combined with our programs and services can help empower and equip you to live your life to the fullest.

**Beginner Yoga:** This class focuses on breathing techniques, physical postures and movements, guided rest, and focusing the mind.

**Tai Chi:** This class involves a series of slow, meditative body movements to promote balance, strength, inner peace and calm.

\*There are no classes held on Federal holidays

CLASS	DATES*	TIME	PLACE
Orientation to Whole Health and VA Resources	March 11, 2020 June 10, 2020 September 9, 2020	1:00 – 3:00 p.m.	Sioux Falls VA Medical Center, Integrative Health, Building 52 Room 107
Introduction to Whole Health	Third Thursday of each month	12:00 – 2:00 p.m.	Vet Center 3200 W 49 <sup>th</sup> Street, Sioux Falls, SD 57106
Tai Chi	Mondays weekly Wednesdays weekly	3:30 – 4:30 p.m. 3:30 – 4:30 p.m.	Sioux Falls VA Medical Center, Integrative Health, Building 52 Room 107
Chair Yoga Beginner Yoga	Tuesdays weekly Thursdays weekly	3:30 – 4:30 p.m. 3:30 – 4:30 p.m.	Sioux Falls VA Medical Center, Integrative Health, Building 52 Room 107