



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

Orientation to Whole Health and VA Resources: Led by Veteran peers, this class will introduce you to VA's Whole Health approach to care and help you understand all the services provided through the Sioux Falls VA Health Care System. 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	December 11, 2019 March 11, 2020 June 1, 2020 September 9, 2020	1:00 – 3 p.m.	Sioux Falls VA Medical Center, 2 nd floor Primary Care Room 2013
Orientation to Whole Health and VA Resources	3 rd Saturday monthly	9:00 – 11:00 a.m.	Vet Center 3200 W 49 th Street, Sioux Falls, SD 57106
Tai Chi	Mondays weekly Wednesday 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	Tuesdays weekly	3:30 – 4:30 p.m.	Sioux Falls VA Medical Center, Integrative Health, Building 52 Room 107
Beginner Yoga	Thursdays weekly	3:30 – 4:30 p.m.	Sioux Falls VA Medical Center, Integrative Health, Building 52 Room 107