

# Health and Wellness Group Classes and Individual Appointments



Mann-Grandstaff VA is committed to your health and wellness during Covid-19. Many of our offerings are on the phone or virtual. If you are interested in a group or class call for more information. Our dedicated team can assist you getting set up with the virtual platform, VA Video Connect (VVC).

**First**, rate the following on scales from 1-5, with 1 being Miserable and 5 being Great. Circle where you feel you are on the scale:

**Physical Well-Being:**

|           |   |   |   |       |
|-----------|---|---|---|-------|
| 1         | 2 | 3 | 4 | 5     |
| Miserable |   |   |   | Great |

**Mental/Emotional Well-Being:**

|           |   |   |   |       |
|-----------|---|---|---|-------|
| 1         | 2 | 3 | 4 | 5     |
| Miserable |   |   |   | Great |

**Life/How is it to live your day to day life:**

|           |   |   |   |       |
|-----------|---|---|---|-------|
| 1         | 2 | 3 | 4 | 5     |
| Miserable |   |   |   | Great |

**Next**, if you would like any of these numbers to be higher, please consider some of the classes, appointments, or groups listed on the back.



Not Smoking



Eating a Balanced Diet



Controlling Weight



Getting Physical Activity



## Classes & Individual Appointments are Grouped, but are listed for Veteran Self-Registering. Please Call for More Information on Joining!

### Diabetes

- Diabetes Nutrition 2 Part Class. **On Hold** until January. 1<sup>st</sup> and 2<sup>nd</sup> Wednesday of the Month. VVC 509-434-7242
- Diabetes Nutrition phone appointments. 509-434-7242

### Hypertension (High Blood Pressure)

- Heathy Recipes and Videos: Online at [www.nutrition.va.gov](http://www.nutrition.va.gov) or view additional videos on the Chicago VA's Facebook Page

### Overweight/Obesity

- MOVE! Weight Management Program. VVC. 509-434-7242
- Fitness Room-**Closed** at this time. 509-434-7657
- Yoga, Mindfulness and Healthy Teaching Kitchen-Online at <https://www.youtube.com/c/VeteransHealthAdmin/playlists>

### Cancer Care

- Call Cancer Care Navigation for information. 509-434-7394

### Chronic Obstructive Pulmonary Disease (COPD)

- Quit Tobacco. 509-434-7026
- Better Breathers Support Group (off Site group sponsored by American Lung Association). On Hold. Call to get on email group. 509-863-7742

### Healthy Living

- Intro to Whole Health. VVC 509-434-7596
- Take Charge of My Life and Health. **On Hold.** 509-434-7596
- Whole Health Coaching. Phone or VVC 509-434-7596 or 509-434-7242
- Veterans Connect Coffee. VVC 509-434-7657
- Whole Health Videos Online Content <https://www.va.gov/WHOLEHEALTH/video/videos.asp>

### Heart Failure/Coronary Artery Disease

- Heart Healthy Eating. **On Hold** 509-434-7242
- Family and Friends CPR. **On Hold** 509-434-7657

### Stress Management

- Meditation for Fidgety Skeptics. VVC 509-434-7762
- Light Benders – **On Hold.** 509-434-7596
- Guitar Group – **On Hold.** 509-434-7596
- Sleep Improvement. Phone or VVC 509-434-7000 ext. 6442

### Chronic Pain

- Pain Management Strategies. Variable class times. Call 509-434-7000 ext. 7527
- Sweat Lodge- Men & Women Sweats. Contact 509-481-0033

For **Battlefield Acupuncture, Chiropractic** and/or **Physical Therapy**, please contact your Primary Care Provider.