Aleda E. Lutz VA Welcomes Veterans to Yoga and Tai Chi Classes

The Aleda E. Lutz VAMC in Saginaw has been heavily engaged in promoting integrative therapies, as part of the Whole Health Approach, to help Veterans deal with pain, anxiety, depression, flexibility, and other chronic health conditions.

Just recently, they have developed classes, for Veterans who are enrolled in VA health care, in Tai Chi and Yoga. Veterans can stop in on Thursdays for Yoga which begins at 8:30 a.m. or Tai Chi which begins at 10:00 a.m. All classes are held at the VA Medical Center, 1500 Weiss Street, Saginaw, MI, at the activities pavilion, located near the north parking lot.

“These types of exercise have helped many Veterans achieve their health goals, reduce or manage pain, provide a sense of calm, and much more. We are fortunate to have the opportunity to offer these classes to Veterans,” stated Dr. Barbara Bates, Acting Medical Center Director.

Veterans who would like to learn more about Whole Health and Integrative Therapies are encouraged to talk with their VA health care provider and team.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 36,300 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.saginaw.va.gov.

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