

Virtual Wellness Offerings

VA Video Connect (VVC)



All Veterans Welcome ~ No Referral Needed

MORNING

AFTERNOON

Monday

9:30-10:30 am: Whole Health Orientation
11:00 am-12:00 pm: iRest Meditation

12:00-1:30 pm: Self-Hypnosis for Pain
(8-week session)

1:00-1:45 pm Tai Chi

1:00-2:00 pm Self-Energy Healing
(Healing Touch)

Tuesday

11:00-11:45 am: Warrior Yoga Fit

3:00-4:30 pm: Self-Hypnosis
(8-week session)

Wednesday

10:00 am -12:00 pm: Mindful Warrior
(6-week session)

2:00- 3:00 pm: Aromatherapy
(1 Appointment)

2:00- 3:00 pm: Taking Charge of
My Life and Health
(Class after WH Orientation)

Thursday

10:00-10:45 am: Tai Chi
11:30 am-1:00 pm: Drum Circle

3:00-4:30 pm: Emotional Freedom
Technique (EFT)
(6-week session)

Friday

12:00-1:30 pm: Intro to Relaxation &
Meditation Techniques
(6-week session)

Saturday

FREE DAY--NO CLASS

Sunday

11:00 am: Chaplain Service

Requirements for connecting to our virtual offerings: high-speed internet connection and smart phone, tablet, laptop, or computer with a camera. **Please log in 10 minutes prior to class start time.**

To participate, please call (989) 497-2500, extension **13313**, to get scheduled!