Veterans invited to Resource Event
at Aleda E. Lutz VA in Saginaw on November 7, 2018

The Whole Health program at the Aleda E. Lutz VAMC in Saginaw, Michigan is hosting a Veteran Resource Event on November 7, 2018, from 3:00 p.m. to 6:00 p.m., located at 1500 Weiss Street, Saginaw, MI. Guests will report to the Auditorium, Room 1370 in the main medical center, Building 1. The Aleda E. Lutz VA is proud to be one of 18 flagship facilities across the nation to launch the Whole Health Program. Whole Health is an approach to health care which empowers and equips each Veteran to take charge of their health and well-being, and to live life to the fullest. Whole Health goes beyond your illnesses, injuries, or disabilities. It focuses on your values and aspiration, and includes self-care and complimentary therapies along with your conventional medical care.

The "Whole Health: A Whole New You!" Veteran Resource Event will feature live demonstrations including a healthy teaching kitchen, Tai-Chi, Yoga, aromatherapy, and self-healing touch, just to name a few. This event will expose the Veteran to additional complimentary therapies offered at the VA and Community Based Outpatient Clinics, and will also have informational booths promoting services such as Telehealth, the MOVE! Program, Prosthetics, My HealtheVet, and more.

We are hopeful currently-enrolled Veterans and Veterans wanting to explore eligibility and enrollment will attend to learn about their earned health care benefits!

Please join us for this Veteran Resource Event and learn about the great resources available to you at your VA.

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 36,700 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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