

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Black Hills Health Care System



## Please Join Us For An Introduction to Whole Health

### What is VA Black Hills Offering?

- This Introduction to Whole Health session is designed to introduce all Veterans to the VA Whole Health approach to care.
- Our number one goal is that you accomplish the mission you create for yourself.
- Through our programs and services and, most importantly, your own strengths and abilities, we will work together in healing partnership to optimize your well-being with a focus on what is important to YOU.
- Transitioning from the Service and life changes can pose unique challenges and opportunities. We'll discuss why a whole health approach is helpful in meeting these challenges and capitalizing on your opportunities.
- We'll also describe areas of self-care and well-being that make up all the different aspects of who we are as individuals.



### What is Whole Health?

- Whole Health recognizes you as a whole person and helps support your unique answer to the question, "What would you do if your health were the best it could be?"
- Whole Health goes beyond your illnesses, injuries, or disabilities.
- It focuses on your values and aspiration, your health and well-being and may include self-care and complementary therapies (such as acupuncture, tai chi, and yoga), along with your conventional medical care.
- In Whole Health care, you are a more active partner with your health team.

**Join us to learn more! Attend one of these free 2019 drop-in classes:**

#### **Ft Meade VA Medical Center**

**TUE:** Jan 8, Feb 12, March 12  
1:00p.m. to 3:00p.m.

Main Hospital, Bldg 145, Rm 239  
Near Prosthetics

#### **Hot Springs VA Medical Center**

**TUE:** Jan 22, Feb 26, March 26  
10:00a.m. to 12:00p.m.

Main Hospital, Bldg 12, Rm A002,  
Primary Care

**For questions and more information contact:**

Jennifer Cichosz 605-347-2511 Ext 7652 or  
Tina Belisle 605-745-2821



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