

**VA**

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

Whole  
Health  
for Life

## 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 you 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 can pose unique challenges and opportunities and 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 includes self-care and complementary therapies (such as acupuncture, massage, and yoga), along with your conventional medical care.
- In Whole Health care, you are a more active partner with your health team.

**Dates and Times:** **March 24<sup>th</sup> 10:00am to Noon; April/May/June 2<sup>nd</sup> Tuesday of month 6:00pm – 8:00pm; Monday, April 16<sup>th</sup> Noon to 2:00pm; Friday May 18<sup>th</sup> and Friday June 15<sup>th</sup> Noon to 2:00pm**

**Location:** **American Red Cross, 1221 N Maple Ave, Rapid City SD**

RSVP is NOT required; Please join us for one of these free offerings

**For questions and more information contact:** Lori Vosika at 605-745-2000 Ext 2176 or Dustin Saffel at 605-499-9681

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