

VIRTUAL: MARCH 2021 MOVEMENT CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
10 a.m. to 11 a.m. Qi Gong for Lung	9 a.m. to 10 a.m. Yoga	9 a.m. to 10 a.m. Yoga for Women	10 a.m. to 11 a.m. Qi Gong - Intro	11 a.m. to 11:30 a.m. Yoga 30
10 a.m. to 11 a.m. Tai Chi	10 a.m. to 11 p.m. Tai Chi 8	10 a.m. to 11 a.m. Qi Gong for Energy	10 a.m. to 11 a.m. Tai Chi for Joint Health	Noon to 1 p.m. Intro to Tai Chi
Noon to 1 p.m. Qi Gong for Energy	11 a.m. to Noon Chair Yoga	11 a.m. to Noon Tai Chi 10	11 a.m. to Noon Chair Yoga	Noon to 1 p.m. Yoga
Noon to 1 p.m. Gentle Yoga	Noon to 1 p.m. Tai Chi for Pain	Noon to 1 p.m. Tai Chi	Noon to 1 p.m. Chair Tai Chi	2 p.m. to 3 p.m. Chair Tai Chi
12:30 p.m. to 1:30 p.m. Chair Yoga	2 p.m. to 3 p.m. Tai Chi 24	Noon to 1 p.m. Gentle Chair Yoga	1 p.m. to 2 p.m. Qigong 8 for Back Pain	
1 p.m. to 2 p.m. Qi Gong for Heart	2:30 p.m. to 3:30 p.m. Qi Gong	2 p.m. to 3 p.m. Intro to Yoga	1:30 p.m. to 2:30 p.m. Chair Yoga	
2:30 p.m. to 3:30 p.m. Chair Tai Chi	3 p.m. to 4 p.m. Chair Tai Chi/Qi Gong	2:30 p.m. to 3:30 p.m. Intro to Tai Chi	2:30 p.m. to 3:30 p.m. Tai Chi for Pain	
	5 p.m. to 6 p.m. Yoga	3 p.m. to 4 p.m. Chair Tai Chi/Qi Gong		

Virtual Whole Health Web Link:

https://www.nebraska.va.gov/services/WholeHealth/Virtual_Whole_Health.asp

Please call your local Whole Health Clinic to schedule.

OMAHA: 402-599-2130 LINCOLN: 402-486-7822 GRAND ISLAND: 308-395-3405



U.S. Department of Veterans Affairs
Veterans Health Administration
Nebraska-Western Iowa Health Care System

VIRTUAL:

MARCH 2021

WELLNESS CALENDAR

Monday

Tuesday

Wednesday

Thursday

Friday

10 a.m. to 11 a.m. Family Friends & Coworkers	9:30 a.m. to 11 a.m. Intro to Whole Health	10 a.m. to 11:30 a.m. Intro to Whole Health	12:30 p.m. to 1 p.m. iRest	9:30 a.m. to 11 a.m. Taking Charge of my Life and Health
11 a.m. to Noon Aromatherapy	1 p.m. to 2 p.m. Tobacco Cessation <i>(Begins 1st Tuesday monthly) (4 weeks)</i>	3:30 p.m. to 4 p.m. Meditation	2:30 p.m. to 3:45 p.m. Mindfulness for Stress <i>(March 25th - April 29th) (6 weeks)</i>	10 a.m. to 12 p.m. Intro to Creative Arts <i>(March 26th Only)</i>
1 p.m. to 2:30 p.m. Taking Charge of my Life and Health	2:30 p.m. to 3:45 p.m. Stress Eating <i>(March 9th and April 13th only)</i>		4 p.m. to 4:30 p.m. Meditation	11 a.m. to 12:30 p.m. Working the Body <i>(March 12th Only)</i>
2:30 p.m. to 3 p.m. Meditation	3 p.m. to 4 p.m. Recharge			1 p.m. to 2 p.m. Nutrition for Inflammation
	4 p.m. to 4:30 p.m. iRest			1:30 p.m. to 3:30 p.m. Intro to Creative Arts <i>(March 26th Only)</i>
				2 p.m. to 3:30 p.m. Intro to Whole Health
				3:30 p.m. to 4 p.m. Meditation

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