

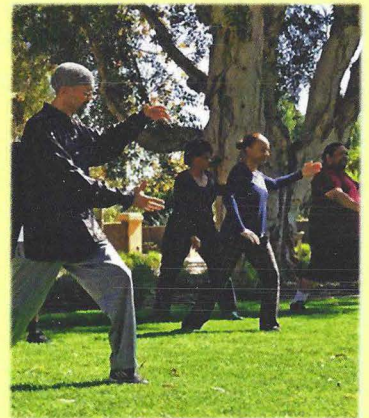
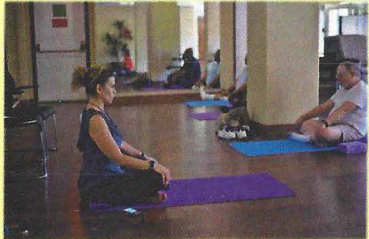
Classes to Improve Your Health @ West Los Angeles

Offering Health Promotion & Healing for Veterans

Monday

Biofeedback for Medical Conditions

8:30am-10:00am
Bldg 220, Room 218
(818) 891-7711 ext. 32089
Please Call for Start Date



Tuesday

Mindfulness Based Stress Reduction

10:00am-11:00am
Bldg. 220, Ground Floor
(310)478-3711 x49563
Please Call for Start Date

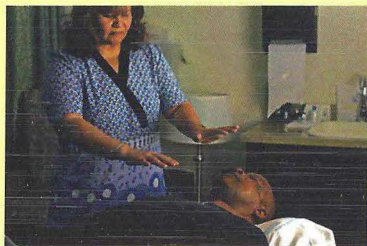
Introduction to Tai Chi

11:00am-12:00pm
Bldg. 220, Ground Floor/
Garden
(310) 268-3276 x40847
Medical Clearance Required

Tai Chi Continuation Group

1:00pm-2:00pm
Bldg. 220, Ground Floor/
Garden
(310) 268-3276 x40847
Medical Clearance Required

Healing Touch
Personal one hour appointments. Please call.
(310) 478-3711 x48485



Wednesday

Happy Habits

9:00am-10:00am
Bldg 500, Room 1606 (818)
891-7711 ext. 32089
Please Call for Start Date

Introduction to Yoga

10:00am-11:00am
Bldg. 220, Ground Floor
(310) 268-3276 x43230
Medical Clearance Required

Mindfulness for Pain Management

10:30-12:00pm
Bldg 401, room C101
(424) 232-9046
Please Call for Start Date

Yoga

Continuation Group
12:00am-1:00pm
Bldg. 220, Ground Floor
(310) 268-3276 x43230

Introduction to Relaxation & Meditation

1:00pmm-2:00pmm
Bldg. 220, Ground Floor
(310) 478-3711 x48485
By Appointment Only.
No Walk-Ins

Thursday

Healthy Living

9:00am-10:00am
Bldg 500, Room A1023
(818) 891-7711 ext. 32089
Please Call for Start Date

Move! Weight Management Program

2nd and 4th Thursday of each month at 9AM
3rd Thursday of the month at 1:30PM
Walk-ins welcome
Bldg. 500, Room 1606 (PERC)
(310) 478-3711 x40023

Get back to Sleep: Insomnia Class

10:00am-11:00am
Bldg 500, Room A1023
(818) 891-7711 ext. 32089
Please Call for Start Date

Stop Smoking

1:00pm--2:00pm
Bldg. 401, Room C-101
(310) 478-3711 x42910

Stop Smoking Continuation Group

2:00pm--3:00pm
Bldg. 401, Room C-101
(310) 478-3711 x42910

Friday

Biofeedback for Medical Conditions

9:00am-10:00am
Bldg 220, Room 218
(818) 891-7711 ext. 32089
Please Call for Start Date

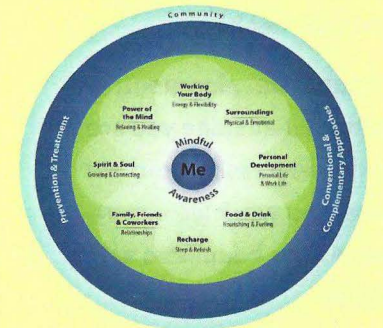
Healing Touch

Personal one hour appointments. Please call.
(310) 478-3711 x48485

Whole Health – Lifestyle Changes

11am-Noon
Building 220, second floor conference room
310.478.3711 ext. 43377
Please call for start date

The Circle of Health



See other side for what makes a pro-active & healthy life!

Components of Pro-Active Health & Well Being

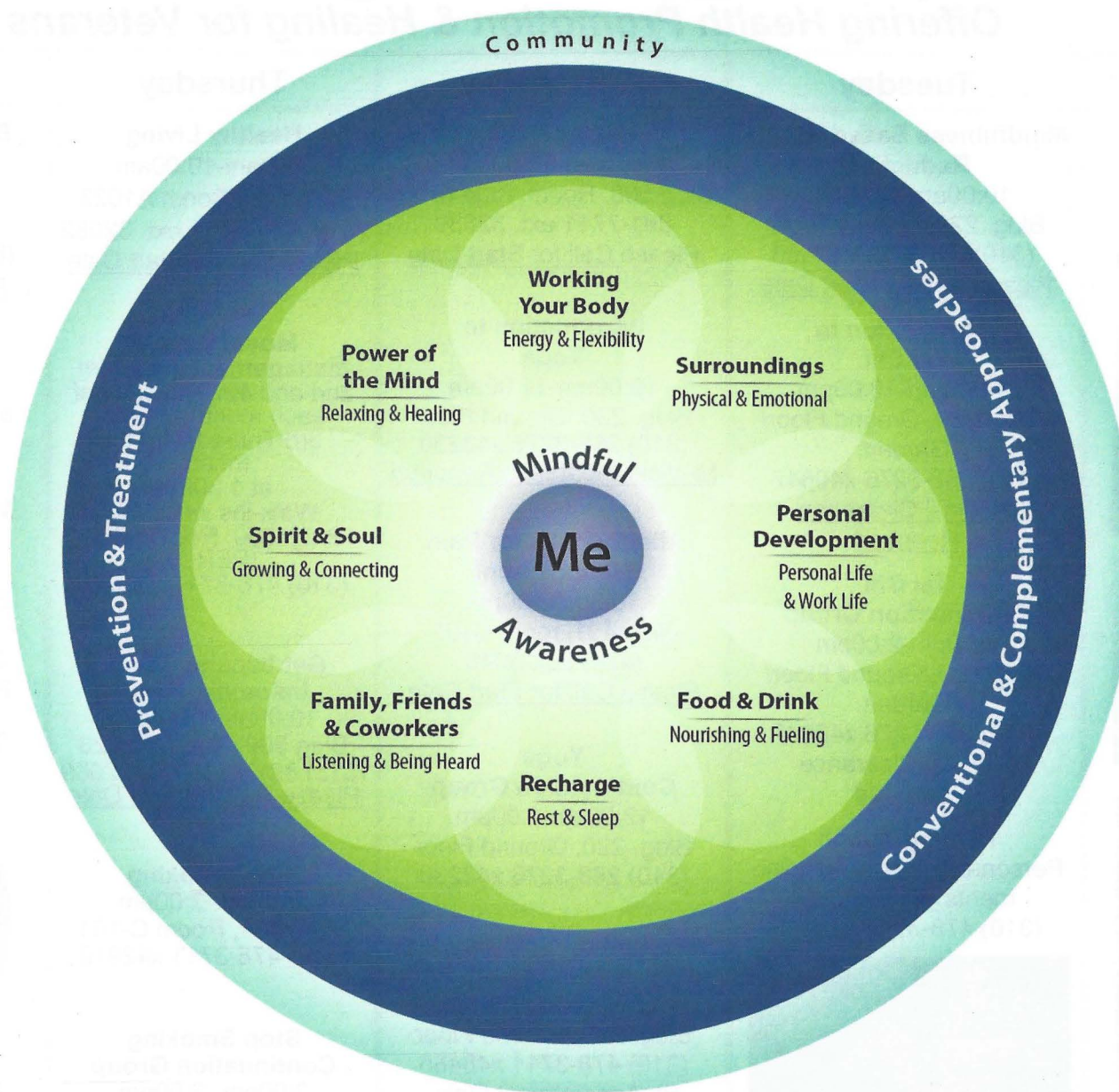
Power of the Mind: You can learn to improve your body's ability to heal and cope better with mental and physical stress by using mind-body techniques.

Working your Body: Movement and exercise increase your energy and flexibility, and affect the state of your body and your mind and emotions.

Surroundings: The environment in which you spend a lot of time (like at home or work), both inside and outdoors, directly affects you and your health.

Personal Development: No matter what stage you are at in life, addressing your personal and work life can improve your happiness and health.

“Circle of Health”



Food and Drink: What you eat and drink can nourish and strengthen your body and mind, and have an effect on your mood, energy level, and physical health and performance.

Recharge: Rest, relaxation, and leisure activities create a sense of peace and calm and lower stress. Family, Friends, and Coworkers: Your social relationships and whether you feel isolated or connected to others are associated with your health and happiness.

Spirit and Soul: Having a sense of meaning in what you do, a purpose in life, and a connection to things outside of you can affect how you treat others as well as your connection with your inner self.

