

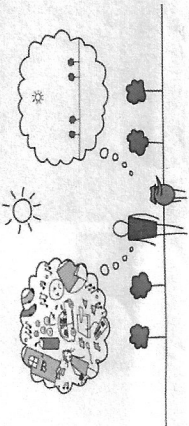
Guided Imagery

Guided Imagery is a form of silent meditation using all the senses to relax and promote healing. It has been shown to be beneficial for lowering anxiety & pain. Less than 10 minutes of hypnotic guided meditation can reduce stress, blood pressure, cholesterol and hemoglobin A1C levels in the blood.

THURSDAYS 1:00-2:00PM

LOCATION: ROOM 8050, 8TH FLOOR

Staff Contact: Rebecca Frey ext 2453



Mind Full, or Mindful?

Mindfulness Based Cognitive Therapy

The MBCT group focuses on learning mindfulness meditation and cognitive behavioral strategies for coping with difficult health-related emotions (e.g., depression, anxiety), thoughts, and/or bodily sensations (e.g., chronic pain).

Thursdays 12-2pm

Contact Dr. Anderson if interested, 302-994-2511, ext 4183

Consult needed- Providers please send Referrals via email to Dr. Venice Anderson

Whole Health Introduction Groups

During this class you will take part in a discussion about your well-being, healthy lifestyle choices and learn ways to identify and reach your goals. Walk-ins Welcome & Encouraged!

2nd & 4th Tuesdays 9-11am Room 1133

For more information contact, Melissa Foster ext 4277



Whole Health for Nutrition Series

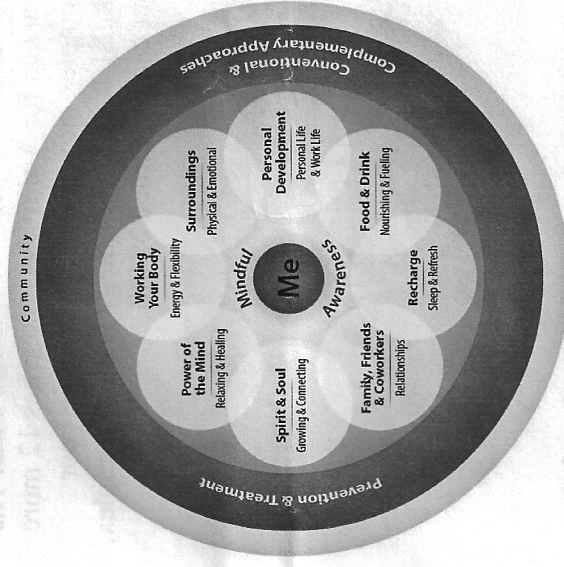
Participants will learn how to use food and drinks to improve their overall health. Monthly Rotating topics!

3rd Friday of the Month 10-11am

To Register call: 302-633-5595

Staff contact: Dan Munford ext 5595

Whole Health Wellness Offerings



VA



**U.S. Department
of Veterans Affairs
Wilmington VA
Medical Center**

Wilmington VA Medical Center

1601 Kirkwood Highway

Wilmington, DE 19805

**All Classes available via Whole Health
Consult**

Tai Chi:

Join us for a Tai Chi class! We offer Paul Lam's Tai Chi for Arthritis, Tai Chi for Rehabilitation & Tai Chi for Energy. Both the rehab and arthritis classes are focused on learning the fundamentals of the Sun style of tai chi which is centered around slow, purposeful movements coupled with deep breathing techniques. The Tai Chi for Rehabilitation Class teaches 6 side to side movements- a perfect beginners class. The Tai Chi for Arthritis class teaches 12 more complex movements as you hone your skills! Tai Chi for Energy is more complex, but can be learned by all!



Tai Chi for Rehabilitation: Tuesdays 3-4pm (Rm 8050)

Tai Chi for Arthritis: Tuesday 4-5pm (Rm 8050); Thursday 10-11am (Rm 7070)

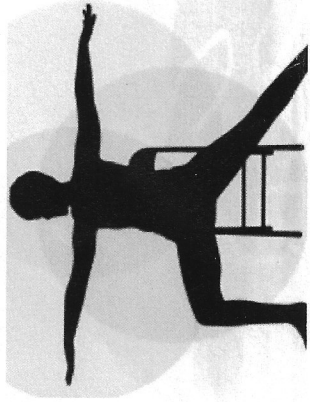
Tai Chi for Energy: Tuesday 9-10am (Rm 7070); Thursday 9-10am (Rm 7070), Friday 12-1pm (Rm 7070).

Walk-ins Welcome

Staff Contact: Cathy McDowall Physical Therapist: ext 5802

Whole Health for Pain Self-Management Group Education Program:

Includes an introductory session, followed by seven weekly active sessions. Each session is 60 minutes in length. The program will work on a cohort basis to limit each class size, ensuring individual attention to each participant. Participants must be willing to attend all sessions in a given cohort.



Sessions

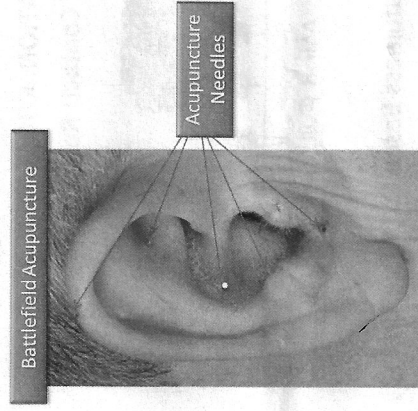
Introductory Class
Physiology of Pain/ Introduction to Exercise for Pain
Coping with Pain
Nutrition for Pain
Stress Management
Tai Chi
Elective: BFA or Healthy Teaching Kitchen

**Wednesdays 3-4 in Room 8050
Consult Needed- "Pain group education class"**

Staff Contacts: Dr. Moskovciak- ext 4662,
Julie Clymer- ext 5294, Catherine
McDowall ext 5802.

Battlefield Acupuncture Clinic

Over the years research has shown that acupuncture works not only on the area with the needles but all over the body as well to reduce pain. This works by suppressing pain transmission at the spinal cord as well as releasing chemicals to reduce the feeling of pain. It has been proven a safe and effective way to treat pain over thousands of years.



What is Battlefield Acupuncture?

While traditionally you may think of acupuncture as many needles all over the body, Battlefield Acupuncture is just in the ear. The theory is that the entire body is represented in the ear and by placing small needles in the surface some of the pain is able to be suppressed.

1st appointment requires a referral from you PCP or a facility pain specialist

**Clinic hours: Monday & Thursday 1-3;
Friday 10-12**