

## WHOLE HEALTH & HEALTHY LIVING NEWSLETTER

Whole Health Pathway Facilitator & Partner Recognition: Whole Health at SDVA is a Veteran centered approach that considers the full range of physical, emotional, mental, social, spiritual, and environmental factors that can influence a Veteran's health. Whole Health Partners are an essential part of the Whole Health transformation. Connecting with Veterans through shared experiences, the Pathway facilitator and Partners engage Veterans to learn the benefits of whole Health and Personal Health Planning. Their partnership and connection with Veterans, is a unique two-way gift that is advancing the transformation of health care in SDVA.

### San Diego VA Whole Health Resources for Veterans:

Offering	Description
<b>Introduction to Whole Health</b>	Virtual class open to all Veterans and their support system to learn more about Whole Health. Which is an approach to healthcare that focuses on what matter to YOU.
<b>Taking Charge of My Life and Health</b>	This is a 6-week virtual work group to provide resources for self-exploration, self-care, and goal setting which all surround what is important to YOU.
<b>Battlefield Acupuncture "BFA"</b>	Auricular (Ear) Therapy that can assist in pain relief. Tuesdays 1:00-2:30 PM, La Jolla Jennifer Moreno VA, Chapel Spiritual Wellness Center Wednesdays 10:00-11:30 AM, Kearny Mesa VA, Room 2019B Thursdays 1:30-3:30 PM, Oceanside VA, 2 <sup>nd</sup> Floor, Conference Room B
<b>Yoga</b>	Dan McKinney YMCA, 8355 Cliffridge Ave, La Jolla, CA 92037 Tuesdays 3:15-4:15 PM. **Please arrive 15 minutes early.
<b>Tai Chi</b>	Dan McKinney YMCA, 8355 Cliffridge Ave, La Jolla, CA 92037 Thursdays 1:00-2:00 PM. Please arrive 15 minutes early.
<b>Healing Sounds Native American Flute</b>	The sound healing flute is used to work with the power of their healing sounds. Tuesdays 1:00 PM, Kearny Mesa VA
<b>Breath Flow Mindful Movement</b>	Beginner level class to teach Veterans different ways they can move their body while being mindful of how they move. Tuesdays 1:00 PM, Kearny Mesa VA
<b>Walking for Wellness</b>	Thursdays 9:00 AM, Chula Vista VA Clinic
<b>Feel Good Fridays</b>	Join us as we embark on an artistic journey of creative expression! Fridays 11:00 AM, Oceanside VA Conf. Room B
<b><u>Ompractice</u></b>	Veterans have free access to live virtual wellness classes (ex: yoga, meditation, tai chi) after creating an account. Visit <a href="https://app.ompractice.com/veteransaffairs">https://app.ompractice.com/veteransaffairs</a> to begin!
<b>Mantram Repetition for Rapid Relaxation</b>	Learn Mantram for clear mindedness and symptom management. Course consists of 5-6 weekly meetings, 1.5 hours per week. Must attend Nov 6 to complete registration. La Jolla Jennifer Moreno VA Medical Center, 2 <sup>nd</sup> Floor (North), Room 2011 Wednesday Nov 6, 13, 20, 27 (optional), Dec 4, 11 3:00-4:30 PM. **Pre-Registration is required. Please leave message at: 858-642-3443.
<b>Woodturning Clinic</b>	La Jolla Jennifer Moreno VA Medical Center, SCI Patio. Tuesdays 11:00 AM-2:00 PM
<b>Interested? Contact a Whole Health Coach</b>	<b>RUDOPH "ART" CENDREDA: 619-228-6204</b> <b>RACQUEL WILLIAMSON: 619-203-5973</b> <b>EDWIN VALERIO: 858-239-3297</b>

## Be Tobacco Free

"Quitting tobacco use is the single most important thing you can do to improve your health and protect your family's health. If you quit smoking or other forms of tobacco, you and your family will experience short and long-term health benefits. It's never too late to quit—your health will improve at any age after quitting tobacco!" Visit [www.prevention.va.gov/Healthy\\_Living/Be\\_Tobacco\\_Free.asp](http://www.prevention.va.gov/Healthy_Living/Be_Tobacco_Free.asp) to learn more.



**A fresh start to better health.  
Be tobacco free.**

### VA San Diego Tobacco Treatment Groups

**You will receive counseling on behavior change, support, and medications to help you stop using tobacco.**

- Meet weekly online for 60 minutes.
- You can start attending at any time.
- These are drop-in groups: No referral or appointment is needed.
- There is no co-pay for attending tobacco cessation treatment.

**Please contact the listed group leader prior to your first group and provide your name and last 4 of social security to facilitate privacy and to receive a link to the video connection.**

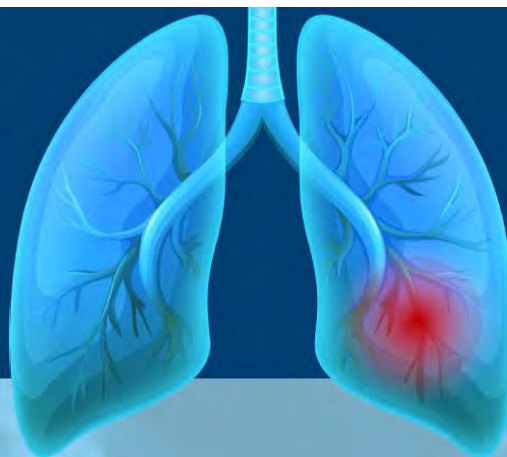
- Every Tuesday, 1 – 2 pm      Contact: Dr. Rebecca Greco 619-497-8236
- Every Wednesday, 4 – 5 pm      Contact: Dr. Brenton Roman 619-892-9857
- Every Thursday, 12 – 1 pm      Contact: Dr. Lauren Blau 858-623-1871



### VA San Diego Pharmacy Telephone Tobacco Treatment Clinic

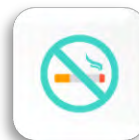
The Pharmacy Telephone Clinic provides telephone counseling and medications for quitting tobacco use.  
To enroll call: **1-800-331-8387 x3903** or **858-642-3903**

## LUNG CANCER SCREENING AWARENESS AND THE GREAT AMERICAN SMOKEOUT FAIR



**Tuesday, November 12, 2024  
11:00 am - 1:00 pm  
Multipurpose Room  
Jennifer Moreno VA Medical Center**

**PROTECT YOURSELF. GET SCREENED!**



**Stay Quit Coach App**  
<https://mobile.va.gov/app/stay-quit-coach>



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