

Whole Health Calendar | Oct.-Dec. 2025

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Zablocki VA Health Care System

Open to Veterans enrolled in VA healthcare with Milwaukee, Appleton, Green Bay, Cleveland, Union Grove, and Oconomowoc – No classes federal holidays: 10/13, 11/11, 11/27, 12/25

Icon Key



VA Video
Connect



Milwaukee
In-person



Appleton
In-person



Green Bay
In-person



Union Grove
In-person



Cleveland
In-person

Pathway:

Whole Health Orientation Ext. 43611

Tuesday, 10/28, 11/25, 12/23 9:00-10:30 am

Wednesday, 10/22, 11/19, 12/17 10-11:30 am

Wednesday, 10/22, 11/26, 12/17 10-11:30 am

Thursday (1st & 3rd of month) 11 am-12:30 pm

Thursday, 10/23, 11/20, 12/18 3:30-4:30 pm

Friday, 10/3 1:00-2:30 pm

Taking Charge of My Life Ext. 43611

Monday, 9/15-11/10 2:00-3:30 pm

Tuesday, 10/7-12/2 2:15-3:45 pm

Wednesday, 9/24-11/12 2:00-3:30 pm

Friday, 10/10-12/5 1:00-2:30 pm

Health Coaching Ext. 43611

Individual Health Coaching

Call to enroll

Coaching Maintenance Group
Wednesday, 10/8, 11/12, 12/10 10-11:00 am

Health Coaching Group
Friday, 10/3-11/21 2:30-3:30 pm

Moving the Body:

Tai Chi

Monday 4:30-5:15 pm **Ext. 43611**

Wednesday 1:00-2:00 pm **Ext. 72922**

Thursday 12:15-1:00 pm **Ext. 43611**

Thursday 1:00-2:00 pm **Ext. 47902**

Core Strength Yoga

Wednesday 4:30-5:15 pm **Ext. 43611**

Warrior Stance Yoga

Tuesday 8:30-9:30 am **Ext. 47902**

Tuesday 9:30-10:15 am **Ext. 72923**

Warrior Stance Chair Yoga

Monday, Wednesday 12:15-1:00 pm

Friday 12:15-1:00 pm **Ext. 43611**

Monday 10:00-11:00 am **Ext. 47902**

Thursday 9:00-10:00 am **Ext. 47902**

Thursday 2:00-2:45 pm **Ext. 72923**

Qigong

Tuesday 12:15-1:00 pm **Ext. 43611**

Seated Aerobics

Friday 9:00-9:30 am **Ext. 45981**

Call to register **1-888-469-6614**
or **414-384-2000**

Moving the Body:

Ext. 41100

Open Gym Bldg 111, room B0507
Monday, Wednesday, Friday 2:30-3:30 pm

Open Pool Bldg 111, room B0520
Tuesday, Thursday 8:00-9:00 am

Functional Rehab for Persistent Pain
Monday, Wednesday, Friday 1:00-3:00 pm

Ext. 42893

OT Lifestyle/Exercise Clinic
Wednesday 3:00-5:00 pm
Bldg 111, room 5230

WAMM (Walk a Mile or More) Ext. 42893

Tuesday, Thursday 9:00-10:00 am

Wednesday 9:00-10:00 am
Bldg 111, room 3435

Wednesday 10:45-11:30 am **Ext. 72924**
Canteen

Recharge:

Healthy Sleep Class **Ext. 41668**
4th Tuesday 12:00-1:30 pm

Healthy Sleep Class **Ext. 47550**
4th Wednesday 10:00-11:30 am

Recharge Skill-Building **Ext. 43611**
Thursday, 10/9-12/11 1:00-2:00 pm

Power of the Mind: Ext. 43611

 **Guided Imagery**
Well-Being: Monday 10:30-11:00 am
Clinical Care: Friday 9:00-10:00 am

 **Meditation**
Tuesday 11:30-12:00 pm

 **Meditation/Mindful Awareness**
Thursday 10:00-11:00 am

  **Yoga Nidra**
Thursday 4:30-5:15 pm

 **VA Calm 8-Week Mindfulness Group**
Tuesday, 10/7-12/2 4:00-5:00 pm

 **Veteran ConnecZEN(tangle)** Ext. 41197
 Call to enroll

Women's Programming:

  **Healthy Aging** Ext. 41661
 Call to enroll

 **Pregnancy Education Series** Ext. 41100
 Call to enroll

 **Postpartum Support Group** Ext. 43704
2nd & 4th Wednesday 12:30-1:30 pm

 **Health Coaching Group** Ext. 43611
Thursday, 9/18-11/13 9:30-10:30 am

 **Taking Charge of My Life** Ext. 43611
Thursday, 1/8-2/26 9:00-10:30 am



VA Events

Scan with mobile device

Personal Development:

 **Chronic Pain Education** Ext. 41661
 Call to enroll

 **Stress Management** Ext. 43611
Skill-Building Call to enroll

 **Coping Skills** Ext. 47551
Monday 2:00-3:00 pm

Empowered Relief® Ext. 43611
Chronic Pain Self-Care Class

 **Saturday, 11/8** 10:00 am-12:00 pm

 **Tuesday, 12/9** 5:30-7:30 pm

Weekend Wellness Retreat Ext. 43611
Chronic Pain Self-Care Class

 **Saturday, 11/8** 9:00 am-1:00 pm

MOVE! Orientation Class Ext. 47387

 **Tuesday, 10/7, 11/4, 12/9** 9:00 am-10:30 pm

 **Thursday, 10/23, 11/20** 1:00-2:30 pm

 **Healthy Aging** Ext. 72598
Tuesday, 10/28, 11/25, 12/23 11:00-12:00 pm

Diabetes Education

  **Tuesday** 1:00-3:00 pm Ext. 47940

 **Wednesday** 9:00-11:00 am Ext. 47442

  Call to enroll Ext. 47279

 **Guitars for Vets** Ext. 45981
Wednesday Call to enroll

  **Wellness Power Hour**
3rd Wednesday of month 12:00-1:00 pm

Family, Friends, Co-workers Ext. 43611

 **Relationship and Connection**
Skill-Building
Tuesday, 10/7-12/2 1:00-2:00 pm

Spirit and Soul:

 **Bible Study** Ext. 42160
Tuesday 4:30-5:30 pm – Chapel, room 1705

Complimentary Integrative Health Ext. 43611

Healing Touch (Individual)

Call to enroll

    

 **Intro to Healing Touch**
Wednesday, 10/8, 11/12, 12/10 1:00-2:00 pm

 **Self-Chakra Connection**
Tuesday, 10/28, 11/25, 12/23 10:00-11:00 am

  **Clinical Hypnosis (Individual)**
 Call to enroll

 **Nicotine Cessation Education,**
Coaching, & Hypnosis Group
Tuesday 2:00-3:30 pm

 **Acupressure for Chronic Pain Group**
Saturday, 11/8 9:00-10:00 am

 **HeartMath®**
Manage Emotions and Stress
 Call to enroll

 **Emotional Freedom Group**
Friday, 8:00-9:00 am



VA Video Connect Help Desk
 1-866-651-3180

Icon Key



VHE 0811 8/2025 KC