

Whole Health Calendar | Jan - Mar 2026

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: 1/1, 1/19, 2/16

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

APP Tuesday, 1/20, 2/17, 3/17 9:00-10:30 am

GB Wednesday, 1/21, 2/18, 3/18 10-11:30 am

UG Friday, 2/13 1:00-2:30 pm

VA Video Connect Thursday, 1/8, 2/5, 3/5 11:00 am-12:00 pm

MKE Thursday, 1/15, 2/19, 3/19 3:30-4:30 pm

CLE Friday, 1/9 1:00-2:30 pm

Taking Charge of My Life Ext. 43611

MKE Monday, 1/5 – 3/9 2:00-3:30 pm

APP Tuesday, 1/13 – 3/3 2:15-3:45 pm

GB Wednesday, 1/14 – 3/4 2:00-3:30 pm

VA Video Connect Wednesday, 3/25 – 5/13 2:00-3:30 pm

Health Coaching Ext. 43611

VA Video Connect Individual Health Coaching

Call to enroll **MKE APP GB UG CLE**

VA Video Connect Coaching Maintenance Group

Wednesday, 1/14, 2/11, 3/11 10-11:00 am

VA Video Connect Health Coaching Group

Friday, 1/16-3/6 2:30-3:30 pm



VA Events

Scan with mobile device

Moving the Body

Tai Chi

MKE **VA Video Connect** Monday, 4:30-5:15 pm Ext. 43611

GB Wednesday, 1:00-2:00 pm Ext. 72922

MKE **VA Video Connect** Thursday, 12:15-1:00 pm Ext. 43611

APP Thursday, 1:00-2:00 pm Ext. 47902

Core Strength Yoga

MKE **VA Video Connect** Wednesday, 4:30-5:15 pm Ext. 43611

Warrior Stance Yoga

APP **VA Video Connect** Tuesday, 8:30-9:30 am Ext. 47902

GB Tuesday, 9:30-10:15 am Ext. 72923

Warrior Stance Chair Yoga

MKE **VA Video Connect** Monday, Wednesday, 12:15-1:00 pm

APP **VA Video Connect** Monday, 10:00-11:00 am Ext. 47902

APP Thursday, 9:00-10:00 am Ext. 47902

GB **VA Video Connect** Thursday, 2:00-2:45 pm Ext. 72923

Seated Aerobics

VA Video Connect Friday, 9:00-9:30 am Ext. 45981

Moving the Body Skill-Building

VA Video Connect Tuesday, 3/10 - 4/28
1:00 – 2:00 pm Ext. 43611

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

Moving the Body

Ext. 41100

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

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

MKE **VA Video Connect** **Functional Rehab for Persistent Pain**
Monday, Wednesday, Friday, 1:00-3:00 pm

Ext. 42893

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

WAMM (Walk a Mile or More) Ext. 42893

VA Video Connect Tuesday, Thursday, 9:00-10:00 am

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

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

Recharge

MKE **VA Video Connect** **Healthy Sleep Class** Ext. 41668
4th Tuesday, 12:00-1:30 pm

APP **VA Video Connect** **Healthy Sleep Class** Ext. 47550
4th Wednesday, 10:00-11:30 am

MKE **Recharge Skill-Building** Ext. 43611
Thursday, 3/12-4/30 1:00-2:00 pm

Power of the Mind

Ext. 43611

 **Power of the Mind Skill-Building**
Thursday, 1/8-2/26 1:00-2:00 pm

 **Guided-Imagery**
Monday, 10:30-11:00 am

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

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

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

 **VA Calm 8-Week Mindfulness Group**
Tuesday, 2/17-4/14 4:00-5:00 pm

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

Women's Programming

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

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

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



Class Descriptions

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

 **Tuesday, 2/3** 9:00-11:00 am

MOVE! Orientation Class Ext. 47387

 **Tuesday, 1/6, 2/3, 3/3** 9:00-10:30 am

 **Thursday, 1/29, 2/26, 3/26** 1:00-2:30 pm

 **Healthy Aging** Ext. 72598
Tuesday, 1/27, 2/24, 3/24 11:00-12:00 pm

Diabetes Education Ext. 47279

  Call to enroll

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

Wellness Power Hour Ext. 43611
3rd Wednesday of month 12:00-1:00 pm

  **1/21** Strive for Healthy Weight

  **2/18** Health Coaching for Lifestyle Change

  **3/18** Eat Wisely

Spirit and Soul

 **Spirit & Soul Skill-Building** Ext. 43611
Tuesday, 1/6 - 2/24 1:00-2:00 pm

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

Moral Injury Group Ext. 72642

 **2nd & 4th Thursdays**, 1:30-2:30 pm

 **4 Weeks, 2nd-5th Tuesdays**, 1:00-2:30 pm

 **Monthly 1st Tuesday**, 1:00 - 2:30 pm

Grief Support Group Ext. 72642

 **2nd & 4th Tuesdays**, 10:00-11:00 am

 **1st & 3rd Wednesdays**, 11:00 am-12:00 pm

 **2nd & 4th Wednesdays**, 2:30-3:30 pm

Complimentary Integrative Health Ext. 43611

Healing Touch (Individual)

Call to enroll     

 **Intro to Healing Touch**
Wednesday, 1/14, 2/11, 3/11 1:00-2:00 pm

 **Self-Chakra Connection**
Tuesday, 1/27, 2/24, 3/24 10:00-11:00 am

 **Acupressure for Chronic Pain Group**
Wednesday, 2/18 10:30-11:30 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



VA Video
Connect



Milwaukee
In-person



Appleton
In-person



Green Bay
In-person



Union Grove
In-person



Cleveland
In-person

VHE 0811 11/2025 KC