Live Whole Health.

Whole Health Virtual Week

July 13th—July 17th

All Veterans, Caregivers and VA Employees are Welcome to Join

Call Into Phone Number: 1(800)767-1750 (VA VANTS Line) Enter Code: 68237#

Please put your phone on mute. We will not be taking roll and will start on the hour.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-10:30 am	Mindfulness Exercise: Brief Lessons to Slow Down	Veteran Suicide Prevention: How & When to Connect Veterans to Help	Moments with the Holy Sacred Time	Working the Body for Your Health	Stress Management
1:00-1:30 pm	Choosing a Plant-Based Diet	Lifelong Parachute	Practicing Your Way to Resilience: Self-Care	Veteran Suicide Prevention: How & When to Connect Veterans to Help	Mindful Guided Meditation: Coming Back to Our Breath
4:00-4:30 pm	Goal Setting: for Whole Health	Practicing Your Way to Resilience: Self-Compassion	Staying Connected	Guided Imagery In Everyday Life	Sleep Hygiene

VA | U.S. Department of Veterans Affairs

Session Descriptions

Live Whole Health.

VA | U.S. Department of Veterans Affairs

MONDAY

10:00-10:30 am: *Mindfulness Exercises* (Presenter: Jarrod Elshafie, LMFW, ASW, PC SW)
Brief lessons to slow down.

1:00-1:30 pm: *Choosing a Plant Based Diet* (Presenter: Tara Rogers-Soeder, PhD, MS, RDN)
We will discuss what a plant based diet entails, health benefits, and steps to take in order to adopt this type of dietary pattern.

4:00-4:30 pm: *Goal Setting for Whole Health* (Presenter: Esperanza Lugo, MA, Whole Health Coach)
How to set goals that really matter to You!

TUESDAY

10:00-10:30 am: *Veteran Suicide Prevention: How and When to Connect Veterans to Help* (Presenter: Lee D. Sasse, LCSW-PIP)
Suicide is an important topic for Veterans and everyone can be a part of prevention once they know how, when, & where to get help. Join the VA Northern California Suicide Prevention Program for an interactive talk on Veteran suicide prevention & how we all can be part of keeping our Veterans safe. If you, or a Veteran you know needs help, call the Veteran's Crisis Line anytime at 1-800-273-8255 (Press 1 when prompted).

1:00-1:30 pm: *Lifelong Parachute* (Presenter: Andrew Cleaver, BS-PTA)
The importance of proper breathing.

4:00-4:30 pm: *Practicing Your Way to Resilience: Self-Compassion* (Presenter: April M. Green, Training Instructor, Self-Care Program, Caregiver Center)
Talk about the importance of self-compassion and a short meditation practice. The instructor will also guide participants through the self-compassion break process.

WEDNESDAY

10:00-10:30 am: *Moments with the Holy Sacred Time* (Presenter: Nancy B. Smith, M. DIV, Clinical Chaplain)
Join in words of lament, healing, hope and community.

1:00-1:30 pm: *Practicing Your Way to Resilience: Self-Care* (Presenter: Deanna Stark, PhD, Instructional Trainer, Self-Care Program, Caregiver Center)
Practice some body relaxation strategies, talk about the importance of laughter and support, and do a thoughtful exercise about solving problems.

4:00-4:30 pm: *Staying Connected* (Presenter: Jeff Cass, PsyD, Health Behavior Coordinator, HPDP)
Presentation on maintaining and creating new relationships through technology.

THURSDAY

10:00-10:30 am: *Working the Body for Your Health* (Presenter: Judy Arcala, BS, Physical Therapist Assistant)
Discuss benefits of physical activity, creating goals for movement in everyday life that doesn't always mean a "workout.".

1:00-1:30 pm: *Veteran Suicide Prevention: How and When to Connect Veterans to Help* (Presenter: Lee D. Sasse, LCSW-PIP)
Suicide is an important topic for Veterans and everyone can be a part of prevention once they know how, when, & where to get help. Join the VA Northern California Suicide Prevention Program for an interactive talk on Veteran suicide prevention & how we all can be part of keeping our Veterans safe. If you, or a Veteran you know needs help, call the Veteran's Crisis Line anytime at 1-800-273-8255 (Press 1 when prompted).

4:00-4:30 pm: *Guided Imagery In Everyday Life* (Presenter: Jeff Cass, PsyD, Health Behavior Coordinator, HPDP)
Brief presentation on the practice of guided imagery with a demonstration being provided.

FRIDAY

10:00-10:30 am: *Stress Management* (Presenter: Lauren Cook, LCSW)
Discuss effects of anxiety & stress on the body, learn new skills for managing & lowering stress levels through a few techniques (calm breathing, deep muscle relaxation, & positive visualization).

1:00-1:30 pm: *Mindful Guided Meditation Coming Back to Our Breath* (Presenter: Michael-Vu A. Nguyen, Certified Peer Support Specialist)
Welcome to our True Home. Which is inside of our body. Ending with the Native American flute.

4:00-4:30 pm: *Sleep Hygiene* (Presenter: Lauren Cook, LCSW)
Discuss science of sleep & sleep hygiene techniques as a critical part of our lives and overall wellness, how sleep relates to health & impacts on our brain, body, immune system, mood, and stress levels.