

Wellness Virtual Classes/Offerings

Website: https://www.tucson.va.gov/services/HealthyLiving/Healthy_Living.asp

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Call the main VA number: 520-792-1450 (or 1-800-470-8262), then the extension listed for more information,</p>	<p>10-11am Smoking Cessation (1st Tuesday every month; call ext. 1-2985 to register)</p> <p>10:30am-noon MOVE! Orientation (1st Tuesday every month; call ext. 1-4659 to register)</p>	<p>9-10am Heart Failure Class (Nursing, nutrition, & pharmacy information all in one class! 1st Wednesday every month; call ext. 1-4124 to register)</p>	<p>10-11am VA Calm Plus (mindfulness for those in recovery from addictions; call ext. 1-4971 to register)</p>	<p>9-11am Diabetes Nutrition (2nd Friday every month; call ext. 1-6974 to register)</p>
<p>For help with quitting/cutting down on smoking or drinking: Clarissa Garcia, Health Behavior Coordinator, call ext. 1-2985</p> <p>For MOVE! weight management help: Becky Biggard, MOVE! Program Coordinator, call ext. 1-4659</p>	<p>11am-12pm Nutrition in Pregnancy & Breastfeeding (1st Tuesday every month; call ext. 1-3305 to register)</p> <p>11am-12pm Nutrition for Women (2nd Tuesday every month; call ext. 1-3305 to register)</p>	<p>10-11:30am CKD Nutrition Class (Healthy eating for chronic kidney disease; 1st Wednesday every month; call ext. 1-4333 to register)</p> <p>10-11:30am Low FODMAP Diet (to treat Irritable Bowel Syndrome; 2nd Wednesday every month; call ext. 1-2450 to register)</p>	<p>10-11am DASH Diet (Dietary Approaches to Stop Hypertension; 1st Thursday every month; call ext. 1-6974 to register)</p>	<p>10am Healthy Living Facebook event (skill-building hints/tips for a healthier life) Access from home on https://www.facebook.com/pg/VATucson/videos/?ref=page_internal</p>
<p>2-3pm Back in Action (to help with neck & back pain; call ext. 1-2103 or 1-2107 to register)</p>	<p>1-2pm My Health Matters (4 wk series to help you start improving your health; ext. 1-2985 or have any MSA schedule you into TUC VVC MY HEALTH MATTERS)</p> <p>2-3pm Back in Action Chair edition (for Veterans at high risk for falling or can't get off the floor; ext. 2-3311 to register)</p> <p>2-3pm Gentle Yoga (virtual classroom; ext. 1-4971 to register)</p>	<p>1-2pm Heart Failure Class (Nursing, nutrition, & pharmacy information all in one class! 3rd Wednesday; call ext. 1-4124 to register)</p> <p>2-3pm Breathe and Bend Yoga (call ext. 1-6396 or 1-2103 to register)</p> <p>3-4:30pm MOVE! Orientation (3rd Wednesday every month; call ext. 1-4659 to register)</p> <p>3-5pm Meal Masters (meal planning and shopping; July 1st; call ext. 4124 to register)</p>	<p>1-2:30pm Plantiful Nutrition (Plant-based diet for overall health; 3rd Thursday every month; call 520-664-1831 ext. 2-3417 to register)</p> <p>2-3pm Nutrition on a Budget (Eating healthy doesn't have to be expensive; 4th Thursday every month; call ext. 1-5706 to register)</p> <p>2-3pm Back in Action (call ext. 2-3311 to register)</p> <p>4-5pm Diabetes Support Group (2nd Thursday every month; call ext. 1-5706 to register)</p>	<p>1pm Diabetes-2-Part Series (Nutrition, blood sugar monitoring, medications, & more; classes alternate Fridays; call 520-403-0217 to register & get exact dates)</p> <p>2-3pm Breathe and Bend Yoga (call ext. 1-6396 or 1-2103 to register)</p>

NEW CLASS!
Starting
November 10

Facebook classes: Spinal Solutions (back and neck pain) <https://www.facebook.com/VATucson/videos/1597043840462333/>

Shoulder Solutions <https://www.facebook.com/VATucson/videos/683244282449611/>

TENS School (training & education on safe use of TENS unit for pain mgmt) <https://www.facebook.com/VATucson/videos/245385839915173/>