Truman VA
Integrative Health and Wellness Classes for Veterans and Staff

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
0700-0725					
0745-0815	*A-222* Guided Meditation				*A-222* Tai Chi/ Qigong
1115-1145			*A-222* Tai Chi/ Qigong		
1200-1230			*A-222* Tai Chi/ Qigong		
1330-1430		*A-222* Tai Chi/ Qigong			
1500-1600		*A-222* Guided Meditation (iRest Yoga) Nidra			
1630-1730		*A-222* Guided Meditation (iRest Yoga) Nidra		Auditorium Tai Chi/ Qigong	