Testimonials

Our class participants benefits have been observed and reported stress-reduction and relaxation, increased comfort, increased strength and stamina, improved balance and flexibility, more comfortable breathing as well as increased energy and improved overall health.

One Veteran reported no longer needing his Parkinson's medication and that his PTSD medication dosage has decreased appreciably.

The following are excerpts from testimonials from Veterans:

"I learned to put things in a positive way and to expand my ideas of what is possible; this also has lessened my tendency to hold on to pain and negative thinking."

"I feel and look better than I have in 6 years. I am more relaxed and calm with better posture."

"I learned ways to manage my pain."

"My self-esteem has risen in this class, I was anxious and now I feel calm and peaceful inside."

For additional information, please contact:

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(573) 814-6000 Ext. 53581
Fax: (573) 814-6602
Leslie.Barnes@va.gov

Class Schedule:

Room A222

Integrative Medicine 101	Monthly, 3rd Wed:	9:00-10:30am
Guided Meditation	Mon:	7:00-7:25am 7:45-8:15am
Tai Chi/Qigong	Tues:	1:30-2:30pm
iRest Yoga Nidra	Tues:	3:00-4:00pm 4:30-5:30pm
Tai Chi/Qigong	Wed:	11:15-11:45am 12:00-12:30pm
Tai Chi/Qigong	Fri:	7:00-7:25am 7:45-8:15am

Auditorium

Tai Chi/Qigong	Thur:	4:30-5:30pm

Integrative Medicine

Integrative Medicine (Complementary and Integrative Health)

Would You Like:

- Less Stress?
- More Energy?
- To Feel Relaxed?
- Relief from Aches/Pain?
- More Freedom of Movement?
- Relief from Depression?
- Improved Balance?
- Less Anxiety?

Then Integrative Medicine *may* be for *you*!

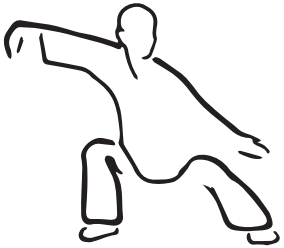
VA HEALTH CARE Defining EXCELLENCE in the 21st Century

What Is Integrative Medicine?

Integrative Medicine is a complementary and integrative health and wellness program to teach our Veterans and Employees methods to achieve stress reduction and relaxation, increased comfort and strength, and improved overall health.

Programs Offered

- Tai Chi and Qigong ("chee gong")
- Guided Meditation
- iRest Yoga Nidra
- Acupuncture



What to Wear

Dress comfortably in clothes in which you can easily move. Tennis shoes are fine. Heeled shoes are discouraged as they are hard on your back and make balance difficult.

Tai Chi and Qigong

This method focuses on increasing the circulation of energy throughout your body. It emphasizes breath, posture, relaxation & gentle movement with mindfulness. It teaches us to deal intelligently with stress, to keep the body relaxed and supple and the internal energy strong and healthy.

Guided Meditation

Meditation can remove stress and replace it with a dose of inner peace. It's one of the best tools we have to balance our emotions, deal with physical and psychological distress and promote the peace of the present moment… Guided meditations literally walk you through a meditation and help you find a calm and peaceful state --- one step at a time.

iRest Yoga Nidra

A guided mindfulness meditation program where participants are guided into deep relaxation through a multifaceted approach that includes breathing, body awareness and progressive relaxation techniques in a comfortable position. These activities are taught as skills that participants then learn to use themselves in daily life.

Research suggests that it helps decrease anxiety and depression, improve sleep, relieve chronic pain and increase a sense of well-being.

Integrative Medicine 101

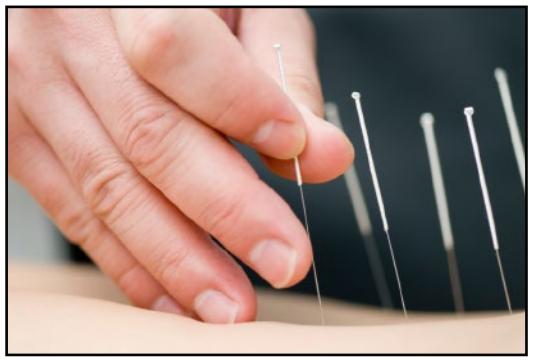
A monthly introductory course (with in-class practice) to orient interested individuals with little or no experience in the Integrative Medicine services offered.

Acupuncture

This noninvasive medical system has been used for thousands of years to diagnose and treat a wide variety of ailments including:

- Headaches
- Joint pain
- Neck and back pain
- Radiculopathy
- Tendonitis

Acupuncture can often resolve your pain issues in a manner that removes or lessens the need for drugs or surgery - in cases where surgery is necessary, acupuncture can facilitate a faster and more positive healing response with pre and post-operative care. Acupuncture does more than mask the issue, it provides relief while addressing the ROOT of the problem.



Contact your provider if you are interested in participating in these services