

VISN 15 Employee Whole Health

To access the employee wellness links please visit www.wellvets.com/employee-whole-health/

Questions? Email: V15EmployeeWholeHealth@va.gov

Monday

12:00-12:30
Mindful Mondays
Truman VA

12:00-12:15
Mindful Meditation

14:00-14:15
Movement with Melody

15:00-15:15
Tai Chi

Tuesday

13:00-13:15 Chair Yoga at your desk

16:00-16:15
Laughter Yoga for Stress Reduction



Wednesday

10:30-10:45 Quick Break Yoga

12:00-12:15
Mindful Meditation
Conference Call

12:00-12:15 Yoga

1300-1330 Chair Yoga

Thursday

11:30-12:00
Warrior Beat!
Drums and Fun

12:00-12:15 Gentle Yoga Standing

12:30-13:00
Mindfulness Break for Stillness & Connection

Friday

12:00-12:15
Dance Party

