

## MARION VA MEDICAL CENTER IN PERSON WELL-BEING GROUP SCHEDULE

	Tuesday	Wednesday	Thursday	Friday
930	<b>930-1130</b> <b>Outdoor Adventures</b> Ethan & Jasmine <b>various locations in Southern Illinois</b>			
1000				
1030		<b>1030-1130</b> <b>Couch to 5k/Fit4Life</b> Jasmine & Janell <b>Marion Campus</b>	<b>1030-1130</b> <b>Couch to 5k/Fit4Life</b> Jasmine & Janell <b>Marion Campus</b>	<b>1030-1130</b> <b>Couch to 5k/Fit4Life</b> Jasmine & Janell <b>Marion Campus</b>
1100				
11:30				
1200				
1230				
1300	<b>1300</b> <b>Guitar 2</b> Ethan <b>Marion Campus</b>	<b>1300</b> <b>Percussion</b> Ethan <b>Marion Campus</b>		<b>1300-1500</b> <b>Zen of Archery</b> Jasmine & Janell <b>Rend Lake North Marcum Archery Range</b>
1400	<b>1400</b> <b>Strings 1</b> Ethan <b>Marion Campus</b>			
1500	<b>1500</b> <b>Harmonica</b> Ethan <b>Marion Campus</b>			

<b>Couch to 5K-</b> <ul style="list-style-type: none"> <li>• Group 1- 3/13-5/3</li> <li>• Group 2- 10/2-11/22</li> </ul>	<b>Fit4Life-</b> <ul style="list-style-type: none"> <li>• Group 1- 5/8-6/28</li> <li>• Group 2- 8/7-9/27</li> </ul>	<b>Zen of Archery-</b> <ul style="list-style-type: none"> <li>• Group 1- 4/5-4/26</li> <li>• Group 2- 5/3-5/24</li> <li>• Group 3- 8/2-8/23</li> <li>• Group 4- 9/6-9/27</li> </ul>
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2024

To schedule a session contact Whole Health at  
618-993-4147 OR email at WholeHealthMarion@va.gov