

# MARION VA HEALTH CARE SYSTEM VIRTUAL WELL-BEING GROUP SCHEDULE

	Tuesday	Wednesday	Thursday		Friday	Saturday
900		900 <b>FIT30</b> w/Jasmine <b>VVC</b>	900 <b>Flexibility</b> w/Jasmine <b>VVC</b>		900 <b>FIT30</b> w/Jasmine <b>VVC</b>	900 <b>Flexibility</b> w/jasmine <b>VVC</b>
1000	1000 <b>Slow Flow Yoga</b> w/Willy <b>VVC</b>				1000 <b>Meditation 101</b> w/Ethan <b>VVC</b>	1000 <b>Guided Imagery</b> w/Jasmine <b>VVC</b>
1100	1130 <b>Guided Imagery</b> w/Janell <b>VVC</b>				1100 <b>Adapted Tai Chi</b> w/Ethan <b>VVC</b>	1100 <b>Qigong for Relaxation</b> w/Jasmine <b>VVC</b>
1200						
1230						
1300	1300 <b>5 Elements Qigong</b> w/Jasmine <b>VVC</b>	1300 <b>5 Elements Qigong</b> w/Jasmine <b>VVC</b>	1300 <b>Slow Flow Yoga</b> w/Ethan <b>VVC</b>	1300 <b>Creative art</b> 1st thurs drawing 3rd thurs watercolor W/ Carrie <b>VVC</b>		
1400	1400 <b>Flexibility</b> w/jasmine <b>VVC</b>	1400 <b>Flexibility</b> w/jasmine <b>VVC</b>				
1500	1500 <b>SilverFit</b> w/Jasmine <b>VVC</b>	1500 <b>Creative Writing</b> w/Ethan <b>VVC</b>	1500 <b>SilverFit</b> w/Jasmine <b>VVC</b>			
1600						
1630						
1700	1700 <b>Fit30</b> w/Jasmine <b>VVC</b>	1700 <b>Fit30</b> w/Jasmine <b>VVC</b>	1700 <b>Qigong for Relaxation</b> w/Jasmine <b>VVC</b>			

2024

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