

Whole Health Calendar

Murfreesboro VA

Contact the Whole Health Partners for information

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Days/Times	Monday	Tuesday	Wednesday	Thursday	Friday
6:25am - 7:30 am	SGT York's Fitness 6:25-7:25 Building 107: GYM		SGT York's Fitness 6:25-7:25 Building 107: GYM		SGT York's Fitness 6:25-7:25 Building 107: GYM
8:00 am - 9:00 am		Beginner's Yoga 8:00-9:00 Building 107: Recreation Hall		Restorative Yoga 8:00-9:00 Building 107: Recreation Hall	
9:00 am - 10:00 am	Whole Health Orientation 9:00-10:00 Building 2: Wellness Center	Know Pain 101 9:00-10:00 Building 2: Wellness Center			Whole Health Orientation 9:00-10:00 Building 2: Wellness Center
10:00 am - 11:00 am					
11:00 am - 12:00 pm	Yoga 11:00-12:00 Building 107: Recreation Hall	Kettlebell Workshop 11:00-12:00 Building 107: Gym SGT York's Fitness 11:00-12:00 Building 107: Gym		Kettlebell Workshop 11:00-12:00 Building 107: Gym	Tai Chi 10:30-11:30 Building 107: Recreation Hall
12:00 pm - 1:00 pm		Skill Building 12:00-1:00 Building 2: Wellness Center			
1:00 pm - 2:00 pm	Tai Chi 1:00-2:00 Building 9: Floor B	GeroFit 1:00-3:00 Building 107: GYM		GeroFit 1:00-3:00 Building 107: GYM	Mindfulness Group for Women Veterans 1:00-3:00 Building 2: Wellness Center
2:00 pm - 3:00 pm	GeroFit 2:00-4:00 Building 107: GYM	Mindfulness Group 1:00-3:00 Building 9: Floor B			
3:00 pm - 4:00 pm					Mindfulness Group for Couples 1:00-3:00 Building 9: Floor B

GeroFit

Description: A supervised exercise program for Veterans age 65 years and older. This program helps and encourages you to be physically active, improves your ability to move and be active, and shows you how to reduce the risk of falls.

Days and Times: Mondays 2:00-4:00, Tuesdays 1:00-3:00, Thursdays 1:00-3:00

Location: Building 107: GYM Room G13

How to Register: Referral from PCP

Kettlebell Workshop

Description: Workshop designed to give the Veteran common knowledge of strength training, while teaching proper body mechanics to improve overall function. This workshop covers the basic kettlebell exercises that builds a solid foundation for strength training.

Days and Times: Tuesdays 11:00-12:00 and Thursdays 11:00-12:00

Location: Building 107: GYM Room G13

How to Register: Call David Carte 615-968-0816

Know Pain 101

Description: Course designed to help educate Veterans on how the brain and body work together for successful management of pain. This class teaches pain concepts from a biopsychosocial model of care and includes Veterans as active participants in their pain care.

Days and Times: Tuesdays 9:00-10:00

Location: Building 2: Wellness Center Room G121

How to Register: Consult or referral / Walk-Ins

Mindfulness Group (8-Week Course)

Description: Mindfulness is an evidenced-based mind-body technique that helps you face the challenge and stressors of everyday life.

Mindfulness teaches acceptance and awareness of what's going on around you as well as what's going on inside of you.

Days and Times: Tuesdays 1:00-3:00 and Fridays 1:00-3:00

Location: Building 9: Floor B Room 226

How to Register: Call David Carte 615-968-0816

Mindfulness Group for Women Veterans (8-Week Course)

Description: Mindfulness is an evidenced-based mind-body technique that helps you face the challenge and stressors of everyday life.

Mindfulness teaches acceptance and awareness of what's going on around you as well as what's going on inside of you.

Days and Times: Fridays 1:00-3:00

Location: Building 2 Room G121: Wellness Center

How to Register: Call Holly Dickens 615-617-7030

SGT York's Fitness Academy

Description: High intensity workout that focuses on strength and endurance to help increase movement and agility.

Days and Times: Mondays 6:25-7:30, Tuesdays 11:00-12:00, Wednesdays 6:25-7:30 and Friday 6:25-7:30

Location: Building 107: GYM

How to Register: Call David Carte 615-968-0816

Tai Chi

Description: An ancient Chinese tradition that is practiced in a graceful form of physical activity. Tai Chi involves a series of slow, focused movements and focused breathing.

Days and Times: Fridays 10:30 -11:30

Location: Building 107 Room G12: Recreation Hall

How to Register: Call Terry Mahone 615-203-2311

Whole Health Orientation

Description: Whole Health Introduction Course designed for the Veteran to gain knowledge and insight on the Whole Health Service and all modalities of care that is offered.

Days and Times: Mondays 9:00-10:00 and Fridays 9:00-10:00

Location: Building 2 Room G121: Wellness Center

How to Register: Call David Carte 615-968-0816

Whole Health Skill Building Description: Course designed to equip and empower the Veteran with self-care tools and techniques so the Veteran can live life to the fullest and focus on what MATTERS most to him or her

Days and Times: Tuesdays 12:00 – 1:00

Location: Building 2 Room G121: Wellness Center

How to Register: Call David Carte 615-968-0816

Yoga Description: The physical practice of connecting body movement with breathing. This can be a helpful tool for chronic pain, anxiety & depression.

Days and Times: Mondays 11:00-12:00, Tuesdays 8:00-9:00, Thursdays 8:00-9:00

Location: Building 107 Room G12: Recreation Hall

How to register: Call David Carte 615-968-0816