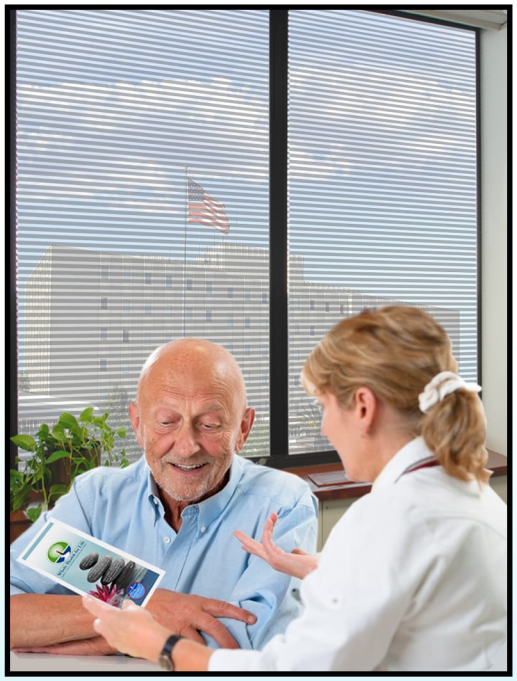


For more information . . .

To learn more about Whole Health and how it can improve your health and well-being, ask your primary care provider for a consult or contact the Whole Health Service at

813-558-3969

VHA MISSION

The VHA mission is to honor America's Veterans by providing exceptional health care that improves their health and well-being.

VA leads the transformation of health care for our Veterans and the Nation.

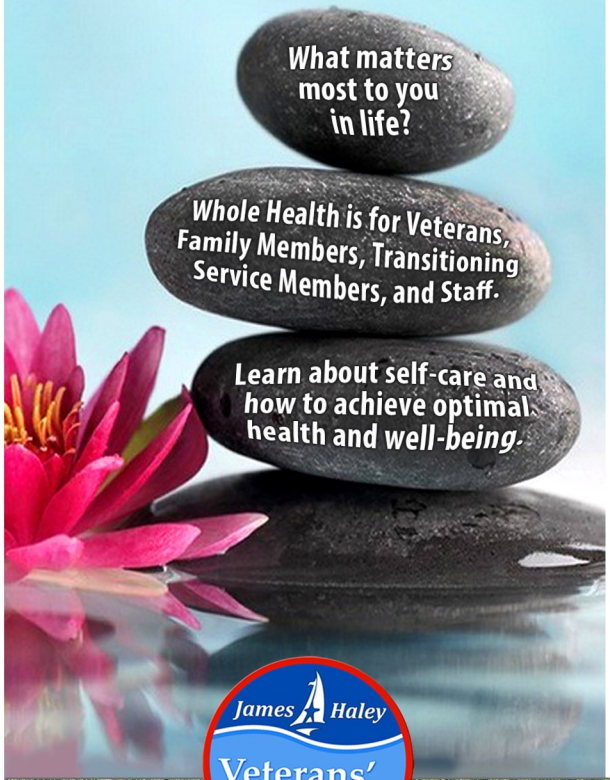
VA | U.S. Department of Veterans Affairs
Veterans Health Administration

James A. Haley Veterans' Hospital
13000 Bruce B. Downs
Tampa, FL 33612

James A. Haley Veterans' Hospital
Primary Care Annex
13000 Bruce B. Downs
Tampa, FL 33612

Approved by Hospital Veteran/Family Health Education Committee
2020 #1

Live Whole Health.



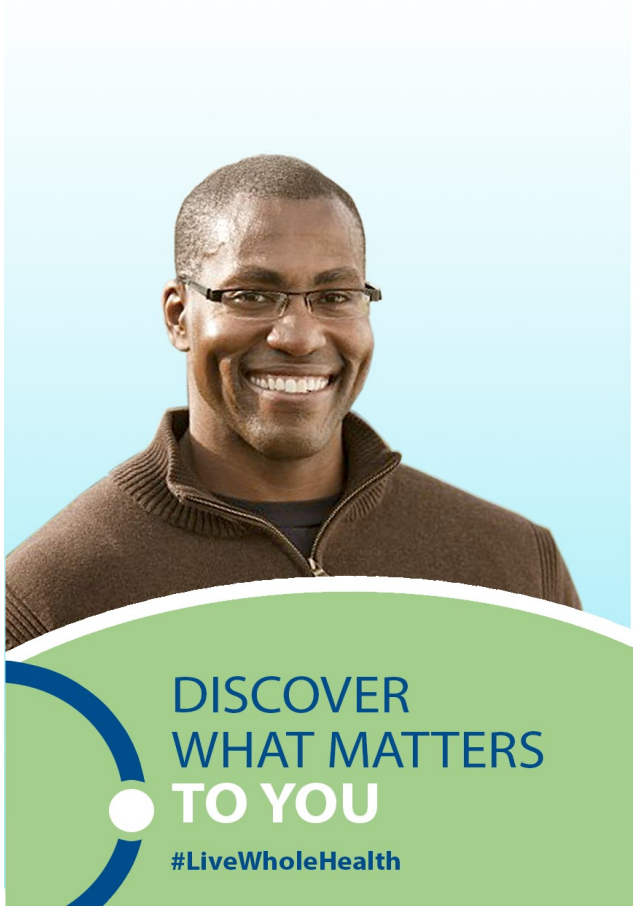
James Haley Veterans' Hospital and Clinics Tampa, FL

What is Whole Health?

It is personalized, proactive, and patient-driven care that is:

- Centered around your values and goals
- Prevention focused
- Self-guided

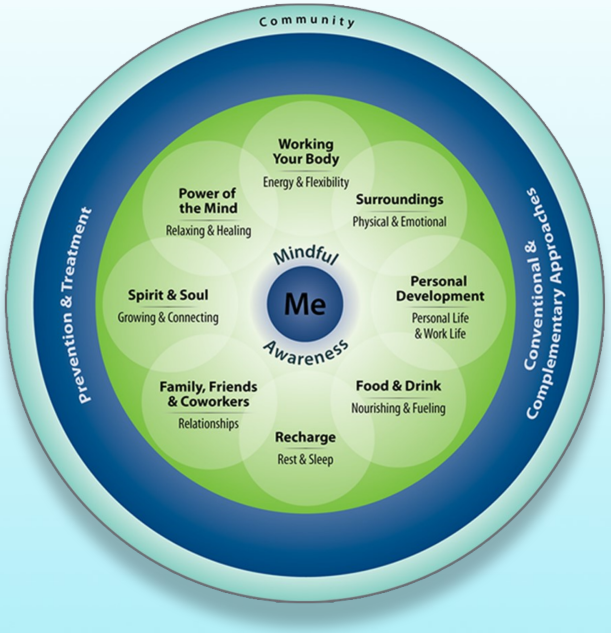
The Whole Health approach helps support you in the journey to explore your mission, goals, and purpose in life. This can improve your overall physical, mental, and emotional well-being.



Components of Proactive Health and Well-Being

'The Circle of Health guides you in developing your personal health plan. Components include food & drink, spirit & soul, working the body, personal development, surroundings, power of the mind, family, friends, & coworkers, and recharge.

Whole Health offers many options for well-being and complementary integrative health approaches. These are available through our Well Being Program and Whole Health Clinical Care.



The Pathway

Learn about this new approach to health care at the VA. Attend an hour-long Whole Health Orientation to get started. **By appointment or walk-in at these locations:**

- ***Brooksville CBOC***
- ***James A. Haley VA***
- ***Lakeland CBOC***
- ***Lecanto CBOC***
- ***New Port Richey OPC***
- ***Primary Care Annex***
- ***SoHi (Riverview) OPC***
- ***Zephyrhills CBOC***

Well Being Program

Group & individual sessions by appointment or walk-in. Sessions include:

- Taking Charge of My Life and Health groups (self-care and skill building)
- Yoga
- Tai Chi
- Qi Gong
- Whole Health Coaching—appointment only
- Energy Health—appointment only
- Mind-Body Medicine—appointment only

Whole Health Clinical Care

Group & individual sessions by appointment only. Sessions include:

- THRIVE
- Hypnosis
- Intro to Mind-Body Psychology
- PACE - series for chronic pain
- Mindfulness Based Stress Reduction
- Battlefield Acupuncture