



U.S. Department of Veterans Affairs

Veterans Health Administration  
Office of Patient Centered Care and  
Cultural Transformation



## Please Join Us for an Introduction to Whole Health

### What is this Introduction to Whole Health About?

- This introduction session will familiarize you with the VA Whole Health approach to care.
- Our number one goal is that you accomplish the mission you create for yourself.
- Through our programs and services and most importantly your own strengths and abilities we will work together in a healing partnership to optimize your health and well-being with a focus on what is important to YOU.
- Transitioning from military service and life as a veteran can pose unique challenges and opportunities. We will talk about how a Whole Health approach is helpful in meeting these challenges and capitalizing on your opportunities.
- We'll also describe areas of self-care and well-being that make up all the different aspects of who you are as an individual.



### What is Whole Health?

- Whole Health recognizes you as a whole person and helps support your unique answer to the question, "What would I do if my health were the best it could be?"
- Whole Health goes beyond your illnesses, injuries, or disabilities.
- Whole Health focuses on your values and aspiration, your health and well-being, and includes self-care and complementary therapies (such as acupuncture, massage, yoga, and tai chi) along with your conventional medical care.
- In Whole Health care you are a more active partner with your health team.

**Dates and Times:** The second Tuesday of every month at 10:00am and the fourth Wednesday of every month at 5:30pm.

**Location:** Audie L. Murphy VA Hospital on 7400 Merton Minter, San Antonio, TX 78229.  
Polytrauma building on the First Floor, Room 108.

**Questions and Information:** Contact your Whole Health Coaches 210-617-5300 Ext. 15088.

