

VA**U.S. Department of Veterans Affairs**

Veterans Health Administration

Fargo VA Health Care System

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Veteran Health Classes

NEW VETERAN ORIENTATION:

Our Veteran Orientation program is a 2-hour program held quarterly at the Fargo VA Medical Center. All Veterans who have recently enrolled in VA health care at the Fargo VA are highly encouraged to attend. The class is also open to any Veteran who wants to learn about VA health care services. Veterans will learn about the programs and services offered at the Fargo VA, and Fargo VA staff are available to answer questions. Attendees are invited to bring a family member or guest with them to the class. No registration is required. Ask your Patient Aligned Care Team about the next orientation date in your location. For questions regarding New Veteran Orientation classes held in Fargo, call (701) 239-3700 dial 9 then extension 3655. New Veteran Orientation classes are also held at the Bismarck VA Clinic quarterly. Please contact (701) 221-9152 if interested in the Bismarck orientation classes.

WHOLE HEALTH & WELL-BEING CLASSES

INTRODUCTION to WHOLE HEALTH:

This 2-hour class introduces Veterans/family members to our VA Whole Health approach to care. The class gives a brief overview of Whole Health, the Circle of Health, and introduces other available resources. Whole health focuses on your values and aspirations, your health and well-being, and includes self-care and complementary therapies (such as acupuncture, yoga, tai chi, mindfulness) along with your conventional medical care. This class is held twice a month at the Fargo VA Medical Center. Pre-registration is not required. For more information, call (701) 239-3700 dial 9 then extension 2998.

TAKING CHARGE OF MY LIFE AND HEALTH:

This class is the core class of our Whole Health programming in the Fargo VA Health Care System. This multi-week program is offered several times per year and helps participants learn how to take charge of their health and live consistently with what is most important to them. The class includes practice of mindful awareness, relaxation/breathing, review of the progress on your health goals, and explores the eight components of self-care that comprise the Circle of Health. Participants complete a personal health inventory as part of the class. Pre-registration is required, and Veterans are asked to attend all sessions of the course. For more information, call (701) 239-3700 dial 9 then extension 2998.

HEALTHY LIVING GROUP:

This 90-minute class assists Veterans with developing self-management strategies for healthy living. It connects Veterans considering any health behavior change to existing clinical programs, self-management tools, or community resources that improve health and well-being. Optional follow-up is available. The class is held on the second Thursday of the month from 10 to 11:30 a.m. Veterans can self-refer by contacting Patient Aligned Care Team or the Health Promotion and Disease Prevention program manager at (701) 239-3700 dial 9 then extension 4039.

PRE-DIABETES CLASS:

This informal class, led by a diabetes educator and a dietician, is designed to help Veterans understand the risk of developing diabetes and what they can do to enhance diabetes prevention. Pre-diabetes includes people who have an A1c between 5.7% to 6.4%. Topics include normal physiology of glucose metabolism, guidelines for diagnosis of pre-diabetes and diabetes, benefits of exercise and weight reduction (as appropriate), basic meal planning, and a time for questions and answers. The class is held quarterly on the first Wednesday of the month from 10 to 11:30 a.m. May 2, August 1, and November 7. Your provider needs to enter a consult and you will be contacted to get scheduled into the class. For more information, call (701) 239-3700 dial 9 then extension 2764 or 2708.

TOBACCO CESSATION:

This class provides education on nicotine addiction, triggers for tobacco use, medications, and coping strategies to help form a quit plan that works best for you! It is co-facilitated by a pharmacist who will address any questions and concerns regarding nicotine replacement therapies and medication options to help you quit smoking. The class is held Thursdays from 2 to 3 p.m. for six weeks. Individual appointments are also available. Contact the Health Behavior Coordinator at (701) 239-3700 dial 9 then extension 3150.

WORKING YOUR BODY

WALKING GROUP:

All Veterans are welcome to come and walk either indoors or outdoors depending on the weather. This group provides an opportunity to get moving to improve your mental and physical health. The walking group meets every Tuesday from 9 to 9:30 a.m. in the Health Hub on the first floor. The group is led by a Physical or Occupational Therapist. No referral is needed. For more information, call (701) 239-3700 dial 9 then extension 4591.

YOGA:

Yoga class options are available at the Fargo VA. Yoga benefits everyone by fostering a mind-body connection, calming the mind, and increasing strength and flexibility. Evidence shows promising benefit for individuals with hypertension, low back pain, depression, anxiety, PTSD, and weight issues. Yoga is a simple, powerful form of exercise to improve overall health and wellbeing. No registration is required. **Gentle Yoga** is held 3-4 p.m. on Mondays; **Warrior One** is held 3-4 p.m. on Tuesdays; **Yoga Foundations** is held 3-4 p.m. on Wednesdays. All classes are held in the second floor Whole Health & Wellness Center (old CLC Dining Room). For more information, call (701) 239-3700 dial 9 then extension 3655 or 3150.

TAI CHI:

Tai chi is an exercise that consist of fluid, gentle, circular movements in a relaxed tempo. Tai Chi has been shown to improve flexibility, strength, balance, cardiovascular fitness, and promotes relaxation, correct body posture while integrating mind and body. It can be practiced standing or sitting and is helpful for people of all age groups and abilities. Tai Chi is held weekly from 2 to 3 p.m. on Wednesdays. For more information, call (701) 239-3700 dial 9 then extension 3047 to pre-register. Walk-ins are also welcome!

STEPPING ON - PREVENTING FALLS:

This 7-week program series has been researched and proven to reduce falls in older people. The class is intended for patients 65 or older who do not use an assistive device or have dementia, has had a fall in the past year, is fearful of falling, and lives at home. It is held for two hours each week for seven weeks in the spring and fall. The class is coordinated by Physical Therapy and Occupational Therapy. To register, call (701) 239-3700 dial 9 then extension 4591 or 3050.

POWER OF THE MIND

WHOLE HEALTH - MINDFULNESS MEDITATION:

This 3-class series introduces simple mindfulness techniques to reduce stress and improve wellbeing. Mindfulness brings focus, ease, and freedom from emotional reactions in daily life. It is a way of taking more pleasure and discovering gratitude. Contact your Health Care Provider or Dr. Freeborn at (701) 239-3700 dial 9 then extension 4406 to register.

MINDFULNESS GROUP:

The Mindfulness group meets Wednesdays at 9 a.m. The group is conducted as a cohort group and lasts for 10 sessions. It is designed for Veterans with mood disorders, depression, and anxiety. Topics include emergency emotional coping skills, identification of problematic mood patterns, daily self-care through mindfulness, and creating a life that matches one's values. It is based on Acceptance and Commitment Therapy. Individuals wishing to join should call (701) 239-3700 dial 9 then extension 3150.

ACCEPTANCE AND COMMITMENT THERAPY FOR ANGER GROUP:

This 9-week group meets Fridays at 10 a.m. It uses many of the same skills as the Mindfulness group, is based on the ACT for Problem Anger treatment manual. Individuals wishing to join should call (701) 239-3700 dial 9 then extension 3150.

PTSD FAMILY EDUCATION:

This is an education series to increase family awareness and involvement in PTSD care. This is also an opportunity to meet and connect with other Veterans and their family members who may be facing struggles like your own. This series is held on the third Tuesday of every month from 4:30 to 6 p.m. For more information, call (701) 239-3700 dial 9 then extension 3869.

FOOD AND NUTRITION

WHOLE HEALTH - EAT WELL, BE WELL:

This 1-hour monthly class focuses on healthy eating and cooking. The VA dieticians are here to help! The class includes discussion on healthy eating and a cooking demonstration. The class is held the fourth Thursday of every month, except November. Check in at room 2E-13 (Nutrition Services) and the class is held in the Whole Health and Wellness Center (Old CLC dining room - 2E-25). For more information, call (701) 239-3700 dial 9 then extension 3629.

HEALTHY COOKING CLASS:

This 3-class sequential series includes basic healthy eating, basic cutting and chopping skills, food safety tips, recipe review and preparation, and a grocery store tour with tips for finding value and reading labels. For more information, call (701) 239-3700 dial 9 then extension 3629.

MOVE!:

MOVE! is an individually tailored VA program to help Veterans with a body mass index greater than 25 with an interest in losing weight and improving health. Veterans can also be followed by home Telehealth for weight management. Group or individual appointments are held twice per month for a total of 16 sessions. Available options: Group classes, face-to-face, phone, TMED appointments, tele-MOVE, and MOVE Coach Mobile. Continuing support options also available. For more information, call (701) 239-3700 dial 9 then extension 3628.

CHRONIC PAIN AND WEIGHT LOSS GROUP:

The Chronic Pain and Weight Loss Group is a 16-week lifestyle-based weight management education group for Veterans with chronic pain. This group is offered twice a year in the spring and fall. The

group is facilitated by a Pain Specialist, Clinical Dietitian, Physical Therapist, and Psychologist. It promotes dietary and lifestyle changes to reduce inflammation and chronic pain as well as promote weight loss. For more information, call (701) 239-3700 dial 9 then extension 3628.

MOVE! SUPPORT GROUP:

A monthly support group for graduates of the MOVE! Program. This group is held the first Thursday of the month from 1 to 2 p.m. For more information, call (701) 239-3700 dial 9 then extension 3628.

LIVING WELL WITH A CHRONIC ILLNESS CLASSES

CHRONIC KIDNEY DISEASE CLASS:

This 3-hour class is designed for Veterans with Chronic Kidney Disease Stages III & IV. Treatment options for Kidney Failure and tips for living well with Kidney Failure are discussed. This class is held monthly in Fargo and is held at VA Community Based Outpatient Clinics over our video teleconference system. Referral from a Nephrologist is needed. The class is taught by Dialysis Nurses and other clinicians. For more information, call (701) 239-3700 dial 9 then extension 4500.

DIABETES CLASS:

This class is for Veterans recently diagnosed with Diabetes. The class is held monthly for two hours and is taught by a Certified Diabetes Educator. A referral from your provider is needed. For more information or to register, call (701) 23-3700 dial 9 then extension 2708.

HEARING AID ORIENTATION CLASS:

This class provides general information for new hearing aid users on care, use of their hearing aids, and communication strategies to assist with daily living. Class length is one hour. Class will occur as needed based on interest. Class offered at the Fargo VA Medical Center or via telemedicine with a VA Community Based Outpatient Clinic. Call Audiology at (701) 239-3700 dial 9 then extension 3748 to reserve a place in this class or if you have questions.

HEART FAILURE CLASS:

This class is designed to help Veterans who have been diagnosed with heart failure. The objective is to learn more about staying healthy and living with heart failure. This class is held four times a year. To register, call (701) 239-3700 dial 9 then extension 2714.

PROGRESSIVE TINNITUS MANAGEMENT CLASS:

This class includes education, counseling, and use of sound therapy. A four-session program follows the hearing evaluation. The goal is to minimize the Veteran's reactions to tinnitus in their everyday life. Classes are one hour each week for four weeks. For 2018 this will be scheduled on Tuesdays at 2 p.m. at the Fargo VA Medical Center. It will occur in February, May, August, and October annually. Telemedicine option is available. For more information, call (701) 239-3700 dial 9 then extension 3748.