

Updated schedule for Fall 2015

Complementary and Integrative Health(CIH) Programs For Veterans ~ Located in Bldg. T-1

Yoga

Chrissy Mueller, Certified Instructor
Robin Brodt, Certified Instructor

Tuesday: 3:00 to 3:50
All levels

Tai Chi

Ed Parker, MSW/LCSW, BCD

Monday & Thursday: 3:00 to 3:50

Artistic Expression

Jill Juers, MSW/LICSW

Wednesday & Thursday 2:00 to 2:50

Mindfulness:

Music with keyboardist Beau

Gerard

Meditation with Jill Juers; Seated,
Walking, Body scan

Movement with Mara Skalenakis,
CPT-NASM

Monday: 2:00 to 2:50
(Music)

Tuesday: 2:00 to 2:50
(Meditation)

Wednesday: 1:00 to 1:50
(Movement)

Horticulture

Jill Juers, MSW/LICSW

Meet at the Healing Ground next to

Tuesday: 9:00 to 9:50 am

*Closed for the season starting
first of November*

Guided Imagery

Jill Juers, MSW/LICSW

Weekly, by appointment

Complementary and Integrative Health Program

Coordinator: Jill Juers ♦ VA Ext. 26481 ♦ VA Cell: 876.6102

Home & Community Based Services Chief: Kris Patterson-Fowler
VA Ext. 26728

Jonathan M. Wainwright Memorial VA Medical Center
Walla Walla, WA 99362 ♦ 888.687.8863 ♦ 509.525.5200



As of 9/18/15