

What our Walla Walla VAMC Veterans Are Saying About CAM –

Tai Chi

“My knees ache and after doing tai chi they feel better than they have for a year of so”
“I walk better and am no longer hunched over or trudging along. I have more energy and feel relaxed.”



Yoga

“I was initially skeptical of the benefits of yoga. The first time I came, I wasn't planning on coming back. But the next day, I felt really good. Now I come to every class. I feel better as soon as I step into the room. My blood pressure has dropped, I feel more limber and have learned how to relax my muscles. I can control my anger in a more productive way. So many Vets can benefit from this. It's just getting them to come and check it out.”



Guided Imagery

“I use guided imagery often and the more you listen to it the more you get out of it. It's a special time for me because I forget about everything. I have my own little place that I go to.”

CAM Resource Library!

We invite you to visit our Resource Library located in Bldg. T-1 **where all CAM classes** (except Horticultural Experience, which is in the garden next to the Chapel) **are held.**

We have CDs, DVDs and books on our various CAM programs for you to read!

**Jonathan M. Wainwright
Memorial VA Medical Center
Home & Community Based Services**

CAM Programs

77 Wainwright Drive

Bldg T-1

**(First yellow building on right as you enter
campus from Chestnut St)**

Walla Walla, WA 99362

Phone: 509.525.5200 Ext. 26481



Have you tried CAM elsewhere?

Tell us about it!

**Jonathan M. Wainwright
Memorial VA Medical Center**

Home & Community Based Services

**Complementary and
Alternative Medicine
(CAM)**



Mind ~ Body ~ Spirit

- **YOGA**
- **TAI CHI**
- **ARTISTIC EXPRESSION**
- **HORTICULTURAL EXPERIENCE**
- **GUIDED IMAGERY**
- **AROMATHERAPY**

Complementary and Alternative Medicine (CAM)

What is CAM?

The National Center for Complementary and Alternative Medicine (NCAAM) defines Complementary and Alternative Medicine (CAM) as **a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine** (also called Western or allopathic medicine).

"Complementary Medicine" refers to **use of CAM together with conventional medicine**, such as using Tai Chi or Yoga *in addition to* usual care for the prevention and rehabilitation of many conditions commonly associated with age. In other words, the treatments used complement one another.

Most of the use of CAM by Americans is complementary, where "alternative medicine" refers to use of CAM *in place of* conventional medicine.

Further information about CAM can be found at: <http://nccam.nih.gov/>

WW VAMC CAM Schedule

TAI CHI

Mon & Fri

Noon–1 pm ~ Bldg. T-1

Thur at 3 pm ~ Bldg. T-1

Beginners only class

Wed: 12:00 pm ~ Bldg. T-1

YOGA

Thursday (Women Veterans only)

12:30 pm to 1:30 pm ~ Bldg. T-1

Thursday (All Veterans)

1:30 pm to 2:30 pm ~ Bldg. T-1

ARTISTIC EXPRESSION

Tuesday

2 to 3 pm ~ Bldg. T-1

HORTICULTURAL EXPERIENCE

The Healing Ground is near the Chapel;
spring activities 3 to 4 pm daily

GUIDED IMAGERY

Sessions are by appointment only
Bldg. T1

AROMATHERAPY

Dispensed at the discretion of your
primary care clinic (not a class)

Who is using CAM?

While many VA facilities across the nation are incorporating Complementary and Alternative Medicine (CAM) into their health care programs, many Americans nationwide are using CAM in pursuit of **health and well-being**. The 2007 National Health Interview Survey showed that approximately 38 percent of adults use CAM.

The Walla Walla VA Medical Center offers six complementary programs under CAM. Tai Chi, Yoga, Artistic Expression, Horticultural Experience (seasonal), Guided Imagery and Aromatherapy are offered for all enrolled Veterans (subject to co-pays) throughout the week in building T-1 on the Walla Walla VA Medical Center campus.

For more information, please contact:

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