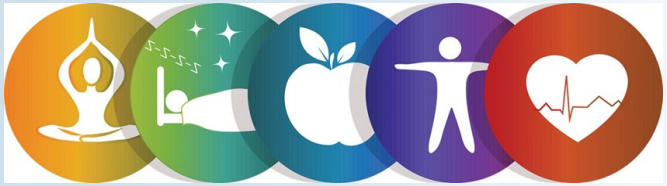

Mission

The mission of the Integrative Health & Wellness Center (IHWC) is to foster a culture of holistic wellness. Promotion of health and wellness services are centered on the Veteran's wellbeing. The focus is on empowering the self-healing mechanisms within the whole person while co-creating a personalized, proactive, patient-driven experience.

Access to the Integrative Health and Wellness Center is through a consult from one of your providers.

Upon receipt of the consult we will contact you to schedule you for an Orientation session. After attending your orientation you will have an opportunity to register for limited services. To access the full array of services you will need to register and complete the Whole Health Course. After completion of the course you will have access to the full array of services.

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VA HEALTH CARE Defining EXCELLENCE in the 21st Century

Integrative Health & Wellness Center

Location: 2nd floor Room 243C

Tel: (401) 457-3082

The Services

Orientation: Welcome to the Wellness Center. Upon receipt of a consult from your provider you will be scheduled for a 1-hour orientation session. This session will explain the various services offered by the Integrative Health & Wellness Center and how to access and schedule the services. Upon completion of the orientation session you will be able to access all the services listed on the first two pages.

Integrative Health Education & Workshops emphasizes the mind-body-spirit connection, and integrated function among all body systems.

Nutrition—focuses on a natural approach to a healthy diet and considers the individual as a whole, including all aspects of lifestyle. The topics covered in monthly sessions: Nutrition—fact vs fiction; Mindful eating; flavors and benefits of the Mediterranean Diet.

Reiki for Self Care– is a workshop designed to teach you the practice of Reiki for self care helping you to achieve true relaxation necessary to bring your health back into balance. Reiki, along with your own commitment to self-care can help you in your path to wellness.

Group Meditation is an evidence-based practice based on ancient traditions. By using a range of practices such as breathing, listening, movement, mantra repetition and awareness-building, participants focus their attention on the present moment; develop greater insight into their thoughts, needs and reactions in an effort of improving their level of consciousness and well-being. The practice is helpful for those who experience symptoms of trauma, insomnia, anger, emotional distress, or physical pain.

Yoga combines movement and postures, clear mental focus, and breathing techniques to help people experience an increased sense of well-being and relaxation. Research has shown that numerous conditions can benefit from a regular yoga practice, including alcohol/substance abuse, chronic pain, anxiety, cancer, depression, PTSD, heart disease, high blood pressure, multiple sclerosis, obesity, and diabetes.

Yoga sessions include: Beginner/Chair Yoga and Intermediate Yoga

iRest Yoga Nidra/slow flow Vinyasa is a guided mindfulness meditation program . The program consists of a guided practice into deep relaxation through a multifaceted approach that includes breathing, body awareness, and progressive relaxation techniques. These activities are taught as skills that participants then learn to use themselves in daily life. Research suggests that iRest Yoga Nidra helps decrease anxiety and depression, improve sleep, relieve chronic pain and increase a sense of well-being.

Qigong— is a holistic system of coordinated body posture and movement, breathing and meditation. Qigong is best described as a mind-body-spirit practice. Benefits of Qigong include the opening of the flow of energy in meridians, Promotes a sense of wellness and energy. Qigong is the predecessor to Tai—Chi with the same flowing energy and wellness benefits.

Whole Health is a personalized, proactive, patient-driven program that affirms the importance of the relationship and partnership between a patient and their healthcare team. Focus is on empowering the self-healing mechanisms within the whole person while co-creating a personal health plan. ***At the Completion of this course you will be able to access the full array of Wellness Services listed below.***

***Acupuncture** is one of the more widely used microsystems within Eastern medicine. Microsystems use one aspect of the body - for example, the ears, hands or feet - to treat conditions that are present anywhere in the body. Acupuncture uses stimulation points to access and balance the body's energetic systems. Research suggests that acupuncture can provide specific support in working with addiction treatment, mood disorders, obesity, fibromyalgia and pain management.

*** Myofascial Release** incorporates the gentle manipulation of superficial and deeper layers of soft connective tissue using various techniques to enhance function, aid in the healing process, and promote relaxation and well-being. Research suggests that Myofascial Release helps decrease anxiety , improve sleep, relieve chronic pain, headaches and increase a sense of well-being.

*** Reiki** is a gentle, nonintrusive technique that fosters wellness through a holistic approach which promotes relaxation and stress reduction by supporting balance among all aspects of an individual – mind, body, emotions, and spirit. Research suggests that Reiki can decrease blood pressure, and assist in the management of pain, depression, and anxiety.