Taking Charge of My Life & Health Classes

Who: ALL Veterans are welcome!

What: Taking Charge of My Life and Health is designed to give Veterans a chance to reflect on what really matters to them and what they want their health for. In addition, Veterans are encouraged to choose an area of their life they want to enhance and develop a plan for carrying out their goals and actions. Finally, the group is there to provide support for attaining their goals.

When: This class meets on Thursday mornings from 9:00-10:00 AM for nine weeks.

Where: Third Floor, Room 3G 100
Check-in at the front desk or the kiosk at 3G 100 on the 3rd Floor

Why: The VA is shifting from a health care system primarily focused on disease management to one focused on the physical, emotional, and social well-being of the whole person. We call this the whole health approach. Whole Health is an approach to health care that empowers and enables YOU to take charge of your health and well-being and live your life to the fullest. It starts with YOU. It is fueled by the power of knowing yourself and what will really work for you in your life.

How: If you would like to participate in this program, please contact your PACT team or other health care provider and request a referral, or you may contact Dr. Hudson at 405-456-5489 or the PC-MHI front desk at 405-456-4106 and ask to be enrolled in the next program. A referral is not required.

Facilitators:

Rochell Alexander, Whole Health Facilitator, Communications Director, My HealtheVet Coordinator, and US Army Veteran

Peggy Hudson, PhD, Whole Health Clinical Director & Health Behavior Coordinator

Contact #s: 405-456-4106 or 405-456-5489
What is Whole Health?
Whole Health is an approach to health care that empowers and enables YOU to take charge of your health and well-being and live your life to the fullest. It starts with YOU. It is fueled by the power of knowing yourself and what will really work for you in your life. Once you have some ideas about this, your team can help you with the skills, support, and follow up you need to reach your goals.

Whole Health recognizes you as a whole person. Whole Health goes beyond your illnesses, injuries, or disabilities. It focuses on health and well-being and includes self-care and complementary therapies (such as acupuncture, meditation, and yoga), along with your medical care. In Whole Health care, you are a more active partner with your health care team.