

Facility Health Promotion and Disease Prevention (HPDP) Program



**San Francisco VA Health Care System (SFVAHCS)**  
**Veterans' Health Promotion, Wellness, and Self-management Classes and Groups**  
*Current 7/27/16*

**Tobacco Free/Smoking Cessation**

**Group classes:**

- **Tobacco Cessation Drop-in Group (Fort Miley):** Support reduction and abstinence from smoking, Medical Practice, Bldg. 200, 1<sup>st</sup> floor, Fridays 11 a.m. -12 p.m. Develop quit plan, nicotine replacement, stress management, and relapse prevention. Call 415-221-4810, ext. 25774.
- **Smoking Cessation Clinic (Fort Miley):** Provider referral or call 415-221-4810, ext. 2-4922.
- **Smoking Cessation -Drop-in Group (Fort Miley):** Thursdays 11:15-12 p.m. , Bldg. 1, Rm 14B, ORT clinic.  
Call 415-221-4810, ext. 24922.
- **Speaking of Smoking (Fort Miley):** PRRC class, enrollees only: Wednesdays 11-11:45 a.m. Call 415-221-4810, ext. 23150.

**SF Downtown**

- **Smoking Cessation:** Thursday 12N-1pm, Front Office conference Room, 8-week group, drop-in, no referral needed. Call 415-281-5131 or the Downtown Clinic number at 415-281-5100 for more information.

**Santa Rosa CBOC**

- **Smoking cessation group schedule and individual smoking cessation sessions:** Meet with psychologist to develop a quit plan, with Cognitive Behavioral Therapy and strategies for managing

urges to smoke, handling stress, and social situations. Self referral Call 707-569-2300 x22402 or ask a staff member for a referral.

- **Smoking cessation medication:** Ask your provider referral to Palo Alto Telequit line.

#### Telephone Quit Lines:

- **VA Quit VET:** Telephone tobacco quit coaching, 1-855-QUIT-VET (1 855 784-8838). Monday-Friday, 5 a.m. – 5 p.m. English and Spanish.
- **VISN 21 Palo Alto TeleQuit:** Medication evaluation, nicotine replacement and/or medication prescription with 1 and 6 month follow-up, no counseling support offered. Call toll-free 1 (800)-455-0057 or Palo Alto (650) 493-5000 ext. 60557, Monday-Friday 8 a.m. – 4:30 p.m. San Francisco: Provider consult needed for Veterans and Employees. Palo Alto Veterans self- refer.
- **California Smokers helpline:** 1-800-NO-BUTTS (1-800-622-8887) free telephone counseling, self-help materials, and online help in English, Chinese, Vietnamese, Spanish, and Korean.

#### Electronic Apps and Web Links:

- **SmokeFree VET:** Text VET to 47848 to get text messages to help you quit smoking , or visit [www.smokefree.gov/VET](http://www.smokefree.gov/VET).
- **Stay Quit Coach Mobile Smartphone App**
- **VA Quit Smoking Self-Help Materials:** [www.publichealth.va.gov/smoking](http://www.publichealth.va.gov/smoking).
- **VA Employees:** Occupational/Employee Health referral to Palo Alto quit line: ext. 2-6495 or 2-2735

## Weight Management

- **MOVE! Strength & Wellness Group (Fort Miley):** Ten- week program: weight loss, nutritional instruction, gym exercise & fitness instruction, and health coaching in each class. Call 415-221-4810, ext. 24262/23354/23471, or by provider referral.
- **Individual Weight Management Counseling with dietitian (Fort Miley):** 415-221-4810, ext. 24262/23354 or provider referral.
- **Follow-up MOVE! Support Group (Fort Miley):** Wednesdays 1-2 p.m., Bldg. 203, Room GA-48 . Call ext. 24262/23354.
- **Women’s Health Nutritional Counseling (Fort Miley):** 415-221-4810,ext. 22895 or provider referral to Nutrition.
- **Women’s MOVE! Weight Managment Group (Fort Miley):** Mondays for 10 weeks, 2-3:30 p.m. Call 415-221-4810, ext. 22895 or join by provider Nutrition referral.

#### San Bruno:

- **MOVE! Group:** 1<sup>st</sup> Tuesday of the month 10:30-11:30, ask your provider for a referral however drop-in’s welcome, Meet in the lobby of the San Bruno Clinic. For more information 415-221-4810, ext. 22895.
- **Individual nutrition counseling** Tuesdays 8:00 -4:00. Please contact 415-221-4810, ext. 22895 for more information or to schedule an appointment.

#### Santa Rosa

- **Orientation to the MOVE! Program:** Wednesday’s, 1:00-2:00pm, provider referral or call 707-569-2300 to request an appointment
- **Ongoing weekly Women’s MOVE! Weight Management Group:** Monday’s, 2:00-3:00pm. Must attend an Orientation Group or individual session first. For more information contact dietitian at 707-569-2474.
- **Ongoing weekly MOVE! Reunion Groups:** Thursday’s 11:00-12:00pm or Friday’s 1:00-2:00pm. Must attend an Orientation Group or individual session first. For more information contact dietitian at 707-569-2474.

- **Individual nutrition counseling:** Appointments available Monday – Friday. Provider referral or call 707-569-2300 to request an appointment.

**Eureka:**

- **MOVE Weight management group wellness series (8 Weeks):** Wed. 1:30-3:00 pm contact for information on when the next class series will be offered: (707) 269-7500 ask for the registered dietitian.
- **MOVE! Follow-Up/Ongoing Support:** Tues.11:00am-12:00pm (once/month) call (707) 269-7500 ask for the registered dietitian.
- **Individual nutrition counseling:** Provider consult to nutrition or call 707-269-7500 ask for the dietitian.

## Be Physically Active

- **Circuit Training Classes (Richmond District YMCA):** Strength building and muscular endurance, Tuesdays and Fridays, 11 a.m. -12 p.m., 360 18<sup>th</sup> Ave., San Francisco. Call 415-350-4179 or 415-740-4098.
- **Functional Flexibility (Richmond District YMCA):** Stretching and building strength. Beginners' class, Wednesdays 2 -3 p.m., 10-week class; 360 18<sup>th</sup> Ave, San Francisco. Call 415-221-4810, ext. 3471/4093.
- **Tango Workshop and Classes for Veterans (Fort Miley):** For more information call 415-760-9374 or e-mail [goldenagetrangoacademy@gmail.com](mailto:goldenagetrangoacademy@gmail.com).

**San Bruno:**

- **MOVE! Walking group:** Weekly drop-in group, Tuesday & Thursday 11:30-12:00 p.m. A one-mile walk in the surrounding the San Bruno Clinic area. Meet in clinic lobby or the parking lot near the VA sign on Sneath Lane. For more information call 415-221-4810, or 650-615-6019

**Eureka:**

- **Walking Group:** Mondays, Tuesdays, & Thursdays 10:00am for information call: (707) 269-7500 ask for the registered dietitian.
- **Mindful Movement:** Fridays 10:00-11:15am (Yoga-based movement and breathing for information call: (707) 269-7500) ask for the registered dietitian.

## Eat Wisely/Healthy Eating

- **Organic Farmers Market (Fort Miley):** Wednesdays outside the entrance, year-round: 10 a.m. - 2 p.m.
- **Healthy, Low-Budget Cooking Classes (Fort Miley):** 6-week group cooking demonstration with Cooking Matters: Call 415-221-4810, ext. 24985.

**SF Downtown:**

- **Chat n Chew** 3<sup>rd</sup> Wednesday of each month, Drop-in, 11:30AM-1:00PM. Healthy Cooking demonstration and samples 11:30-12:30, followed by group walk from 12:30-1:00PM, for more information (415) 489-3322.

**Eureka:**

- **Whole Foods Cooking Class:** Every Wed. 1:30-3:00pm for information on the next class offered call: (707) 269-7500) ask for the registered dietitian.

## Manage Stress

**Fort Miley:**

- **Stress Management Group:** Nine-session drop-in group. Stress management and coping skills for daily stress. Thursdays 11 a.m. – 12 p.m., Medical Practice, Bldg. 200, 1<sup>st</sup> floor. Call 415-221-4810, ext. 24864.
- **Meditation Wellness Group:** Wednesdays 1215-1245 drop-in, Building 203, Room 1A-1. Call 415-221-4810, ext. 2-3118.
- **Anger Management:** Mondays, 11 a.m. – 12:30 p.m., Bldg 8. Rm. 313. Call 415-221-4810, ext. 22819.
- **Mindfulness Group:** Tuesdays, 3-4 p.m., Bldg. 8. Requires provider referral to GPOS.
- **Women’s Jump Start your Coping group:** Female veterans learn emotion management and strategies to improve interpersonal relationships, Wednesdays, 1-2 p.m. Provider referral only to Women’s Clinic. Call 415-221-4810, ext. 26536/25980 for more information.
- **Trans Support Group:** Discuss positive physical and mental health coping strategies for stress and wellbeing. Provide a forum for positive connection with other transgender Veterans. 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursdays of each month, 5-6:30 p.m. Call 415-221-4810, ext. 23107 for more information.

**San Bruno:**

- **Reducing Isolation, Managing Emotions:** Increased interaction with other Veterans as a way to reduce isolation and increase insight into overwhelming feelings. Explore a variety of coping skills. Ongoing classes, Tuesdays 9:30-10:30 a.m., 1001 Sneath Lane, Suite 300. Call 650-615-6019 or 415-221-4810, ext.2- 4597.
- **Mindfulness:** Mondays 1:15-2:30 p.m., in the San Bruno VA conference room.
- **Vet to Vet Stress Management:** Tuesdays at 2 p.m. and Fridays at 10 a.m. Call San Bruno VA at 650-615-6000 to register.

**SF Downtown:**

- **Living well (with PTSD, substance use, anger & depression),** Fridays 11 a.m. – 12 p.m., drop-in, no referral required, Back Conference Room. For more information, call Downtown Clinic at 415-281-5100.
- **Healthy Living Stress management Skills group:** stress Management/Relaxation/Cognitive Skills group weekly, Thursdays 2:30-3:30p.m., Front office conference room. drop-in. For more information call 415-489-3322.
- **Gay and Bisexual Men’s Health and Wellness Group:** Positive physical and mental health, and coping strategies for stress and well-being. Wednesdays, 10:30-11:30 a.m. Call 415-221-4810, ext. 23107.
- **Mindfulness Mornings:** 9-9:30 a.m. Monday-Wednesday and Fridays in the front conference room. Drop-in, no referral needed.
- **At Ease/DV Awareness Anger Management:** Front Conference Room, 5-8PM Referral required call 415-517-5143 for more information.
- **Housing and harm Reducation:** Front Conference Room Thursday’s 330-430pm drop in No referral needed call 415-2281-5100 for more information.

**Santa Rosa:**

- **OEF/OIF Civilian Readjustment:** Receive support with issues around adjusting to civilian life. Tuesdays 4:30-5:30 p.m., provider referral only. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Anger Management:** Thursdays 1-2:30 p.m., provider referral only. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Mindfulness Skills Group** – Monday, 9:00 – 10:00a, Rm 241 Open Group; VTEL. A drop-in group for veterans who are interested in learning more about mindfulness skills designed to increase calm and control in life. Call Santa Rosa Mental Health for information, at 707-569-2300.

- **Spirituality Group** - Tuesday, 10:30 – 11:30am, Rm 240 *Open Group – SFVAMC Chaplains.* Welcoming veterans of all faiths, various topics are discussed weekly in an informal setting focused on spiritual guidance. Participants will gain and share insight, knowledge, and a better understanding about life and wellbeing. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Stress Management Group** - Wednesday, 11:00 – 12:00pm, Rm 241 *Open Group* An ongoing drop-in group focused on developing skills for effectively managing stress and difficult emotions related to stress. Psychoeducation provided. CBT and mindfulness based skills introduced and practiced each session. Home practice of skills is encouraged. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Vet to Vet Support Group** – Thursday, 4:30-6:00p, Rm 241 *Open Group* – A weekly support group run by veterans for veterans, following a national model of veteran peer support. Open to all veterans seeking to decrease isolation and explore healthy ways of coping with daily challenges or unresolved military experiences. Not appropriate for crisis management or severe problems. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **MST Support Group for Women Veterans** – Friday, 2:00-3:30pm, Rm 240 *Open Group , Verity's Forgotten Warriors Program.* A drop-in support group for women veterans dealing with military sexual trauma; support, problem-solving, resources, and networking. Call Santa Rosa Mental Health for information, at 707-569-2300.

#### **Clearlake:**

- **Anger Management:** Learn skills to monitor and manage anger. Thursdays 12-1pm for 12 weeks. Call group leader at 707-995-7249 or call Clearlake Clinic at 707-995-7200 for more information.
- **PTSD 101:** Learn more about Post Traumatic Stress Disorder and learn coping skills. Call 707-995-7200 no referral needed to come to the group or if you prefer ask your provider for a PTSD 101 group referral.
- **CBT for Depression:** Learn techniques to manage and treat depression. Tuesdays 12-130pm. Call group leader at 707-995-7249 or call Clearlake Clinic at 707-995-7200 for more information.
- **CBT for Anxiety:** Learn relaxation techniques and other strategies for managing anxiety. Wednesdays 12N-1pm for 12 weeks. Call group leader at 707-995-7249 or call Clearlake Clinic at 707-995-7200 for more information .

#### **Eureka:**

- **Mindfulness Group:** Explore use of mindfulness techniques to better manage anxiety, PTSD, depression, chronic pain and stress reduction. Drop-in group, Mondays and Fridays 10:00a-11:00 a.m. Call Eureka VA for more information, at 707-269-7500.

### **Manage Pain**

- **I Drive Pain Management Group (Fort Miley):** Learn new emotional and behavioral strategies for chronic pain management. Wednesdays 2:30-3:30 p.m., 8 sessions. Provider pain consult

#### **Santa Rosa:**

- **Pain Management :** Fridays 10:30 a.m. – 12:00 p.m., provider referral only. Call Santa Rosa Mental Health for information, at 707-569-2300.

#### **Ukiah:**

- **Pain Group** Strategies for managing chronic pain, nine V-Tel sessions; Thursdays 9-10 a.m., Ukiah VA Clinic. Call Ukiah VA Clinic at 707-468-7700.

## Be Involved in Your Health Care

- **MyHealthVet** : Gain access to secure on-line messaging with your healthcare team. **MyHealthVetLibrary** access health education on multiple conditions, access **Healthliving Assessment** by visiting [www.myhealth.va.gov](http://www.myhealth.va.gov). Discover your health age, are you younger or older than your age in years? Health age can be modified by healthy lifestyle and behavioral changes. Call 415-221-4810, ext. 23706 to enroll in MyHealthVet.
- **Pathways to Health (Fort Miley)**: Achieve your health goals and discover a new and improved you. Wednesdays 11 a.m.-12 p.m. Mental Health, Bld. 8, Room 215 Call 415-221-4810, ext.24621 or 26344.

### *Eureka:*

- **Whole Health Class** Develop a personalized health plan and take an active role in well-being. Fridays 1-2:30 p.m. At Eureka VA Clinic. Call 707-269-7540.

## Recommended Screening Tests and Immunizations

- **Flu vaccination : Medical Practice.** Bldg. 200, 1<sup>st</sup> Floor, During fall flu season flu shots are given: Monday-Friday 8:30 a.m.-12 p.m. and 1-3:30 p.m. You may also ask for a flu vaccine at your regularly scheduled primary care appointments.
- **Veteran/Walgreens/VA Flu shot partnership** – During fall flu season: no cost flu shots are available at local Walgreens Pharmacy, obtain Walgreen/VA flu shot form with VA code from your primary care clinic.

## Limit Alcohol or Other Substances

### *Fort Miley:*

- **Rethinking Drinking and Using:** Wednesdays at 3 p.m. Medical Practice, Bldg 200, 1<sup>st</sup> floor. Call 415-221-4810,ext. 26491.
- **Recreation Recon Group:** Veterans team up to identify and try out activities that support a sober lifestyle, and provide recommendations to each other to support struggles with sobriety, boredom and loneliness. Drop-in, 1:00-2:00 p.m., Bldg. 203, GA-48. Contact 415-221-4810, ext. 24577 for more information
- **LifeRing<sup>®</sup> Empower Your Sober Self Group:** Sobriety support group, Wednesdays, 12:15-1 p.m. Weekly drop-in. Building 203, Ground Floor, Room GA 48.
- **Alcoholics Anonymous (AA):** 12-step, VA peer-support meetings for sobriety: Monday and Friday 12-1 p.m., weekly drop-in, ongoing. Building 203, Ground Floor, Rm GA-48.
- **Transitions Group:** Veterans concerned about substance use and management: Wednesdays 3-4 p.m., at Medical Practice. Call 415-221-4810,ext. 25979 or drop in.

### *SF Downtown:* Call Downtown VA Clinic at 415-281-5100 for more information.

- **Sobriety Support/Harm Reduction Group:** Monday/Wednesday/Friday at 9:30-10:30 a.m. Drop in, no referral needed, in Front Office conference room.
- **Harm Reduction, Drugs, Meds and More:** Tuesdays 9:30-10:30 a.m.
- **Housing & Harm Reduction:** Thursdays 3:30-4:30 p.m. in the front conference room.
- **Alcoholics Anonymous (AA):** Support meetings, Thursdays 5:30-6:30 p.m. Front conference room, peer lead, all are welcome.

### *Santa Rosa:*

- **Substance Use Education Class (via V-Tel):** Drop-in group, Thursdays 10-11 a.m., Santa Rosa CBOC, Room 241. Call Santa Rosa Mental Health for information, at 707-569-2300.

- **Substance Use Disorders Recovery Group:** Drop-in, early substance use recovery group. Decrease misuse and prevent relapse. Mondays 12-1 p.m. and Fridays 10-11 a.m. Santa Rosa VA Clinic, Room 241. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Substance Use Recovery Group** - Monday, 12:00-12:55p, Rm 241 *Open Group; Abstinence Required on Meeting Day.* A drop-in, early recovery group for veterans with substance misuse and dependency problems. Group goals are to decrease misuse or achieve abstinence in early recovery, and to prevent relapse. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **LifeRing Recovery Meeting** – Tuesday, 9:00-9:55a, Rm 241 *Open Group.* A self-help, peer run meeting for veterans with substance use problems focused on empowering people in their recovery. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Substance Use Education Class** – Thursday, 10:00-10:55a, Rm 241 *Open Group* – An educational seminar presented via video conferencing (VTEL) from Fort Miley. Topics vary by week and presenter. Sample topics include Alcohol and the Brain, 12 Steps & Buddhism, Managing Pain, Ask your Doctor, and Music & Your Recovery. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Substance Use Recovery Group** - Friday, 10:00 – 11:00am, Rm 241 *Open Group; Abstinence Required on Meeting Day.* A drop-in, early recovery group for veterans with substance misuse and dependency problems. Group goals are to decrease misuse or achieve abstinence in early recovery, and to prevent relapse. Call Santa Rosa Mental Health for information, at 707-569-2300.

#### **San Bruno:**

- **LifeRing® Sobriety and Empowerment Recovery Group:** Tuesdays 12-1 p.m., ongoing drop-in. Call San Bruno CBOC (1001 Sneath Lane San Bruno clinic Conference room) for more information, at 650-615-6000.
- **AA/NA Group:** Wednesday 12-1p.m., and Friday 12-1p.m., drop-in San Bruno Conf. room offered by NA group.

#### **Be Safe**

- **Prepare to Prevent: Education Drop-in Group (Fort Miley):** Learn about PReP, risk and benefits, sexual health and prevention, and getting started at the VA: 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays , 12-1 p.m., I.D. Clinic (Building 203, Room IB-26A). Call 415-221-4810, ext. 23763.
- **Healthy Living with HIV drop-in group (Fort Miley):** Receive support and education about living with HIV. Thursdays 11 a.m.-12 p.m. in the I.D. clinic (Building 203, Room IB-26A). Call 415-221-4810, ext. 22537/23517.

#### **Ukiah:**

- **Drop-in Group for Homeless Veterans** Connect to resources and learn coping skills. Fridays 10-11 a.m. Call group leader at 707-995-7232, or call Ukiah VA Clinic 707-468-7700.

#### **Free Legal Clinics**

- **Fort Miley:** Wednesday 9 a.m. -3 p.m. Lobby San Francisco VA, Bldg. 200. Legal advice on VA benefits and discharge upgrades. Walk-in, first come, first served.
- **Santa Rosa:** Wednesdays 1 – 4 p.m. Walk-in; for more information, call (707) 569-2461.
- **Ukiah:** First Thursday of the month, starting at 12 p.m. Walk-in, first come, first served.

#### **Diabetes Management**

- **Living Well with Diabetes (Fort Miley ):** How to keep blood glucose values in the target range, and

diabetes management “tune up.” Drop-in’s welcome, 4<sup>th</sup> Wednesday of each month from 10 a.m.-12 p.m., Building 200, check in at Specialty Clinic, Module 2. For more information Call 415-221-4810,ext. 23473 or ext. 22895. V-Tel available to CBOCs by appointment.

- **Diabetes Walk in Clinic (Fort Miley):** Answers to questions about diabetes. Wednesdays, Building 200, Specialty Clinic, Module 2, drop in, 8 a.m. – 4:30 p.m., no appointment necessary. Call 415-221-4810,ext. 23473 for more information.
- **Intensive Insulin Management (Fort Miley):** Building 200, Specialty Clinic, Module 2. Individual appointments available, call 415-221-4810, ext. 23473. V-Tel available to CBOCs.
- **Individual appointments with diabetes educator (Fort Miley):** Monday - Friday, 8 a.m. – 4:30 p.m., Building 200, Specialty Clinic Module 2. Call 415-221-4810,ext. 23473/22895, or by provider referral to Diabetes Education. V-Tel available to CBOCs.
- **Diabetes Support Group (Fort Miley)** 4<sup>th</sup> Wednesday of the month from 10:00 am until noon. The group is held in the Patient Education Classroom in Building 200, GA169. Please contact Catherine Dorey, RN at 415-221-4810, ext. 23473 or Janet Faccenda, RD at 415-221-4810, ext. 22895 for more information or to schedule an appointment.

**Eureka:**

- **Diabetes Shared Med. Appointment** 1<sup>st</sup> Wed. of the month 9:30-11:30am: For information contact 707-269-7562.

## Creative Arts for Wellness & Self- Expression Community Resources

**San Bruno:**

- **Community Art Workshop:** Practice of art as an expressive and therapeutic exercise, share the expressive journey. Enter art in the Veterans Art Guild shows. Thursdays 10am-11:30am in the community Village at the Crossing housing, 1101 National Ave, San Bruno. For more information and referral call 650615-6019
- **Tango For Veterans – (San Bruno)** American Legion Tuesdays 12:30pm-2pm Drop in, contact Ivan at [goldentrangoacademy@gmail.com](mailto:goldentrangoacademy@gmail.com)
- **Writing, Art and Music Workshop – (San Francisco)** at VETERANS BUILDING SF 401 Van Ness at McAllister Room 213, Fridays 1pm-2:45, For referral call 415-221-4810 x22839 or 650-615-6019
- **Sixth on Seventh Photography Workshop – (San Francisco)** 105 Seventh St at Mission Gallery. Fridays 3pm for information call650-615-6019
- **Veterans TV Project (San Francisco)**– Bay Area Video Coalition at SF Commons (BAVC) <https://www.bavc.org/> 2727 Mariposa, 1<sup>st</sup> Thursday of the month 1:30 p.m. Information call 415-861-3282; for referral and latest schedule call 650-615-6019
- **Veteran Drum Circle (San Francisco)** – Drop-in, Veterans War Memorial building, 401 Van Ness at McAllister, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays 1:30pm
- **Self directed Art Lab (supplies provided):** Veterans Building 401 Van Ness SF at McAllister, Second floor Fridays 12noon-1pm
- **Heroes Voices Guitar Corps (guitars provided),** registration required Veterans Building SF Second floor Fridays 11am beginning class, 12 noon advanced class
- **Music Toolbox with Vet to Vet,** Veterans building SF 401 Van Ness Thursdays Vet to Vet 10am Thursdays, Music Toolbox 12:30pm Thursdays, drop in resume September 2016.

## Online VA APPS and Training

Visit <http://www.veterantraining.va.gov> and <https://mobile.va.gov/> for online training and apps:

**Nutrition and exercise:**

- **MOVE! Health Coach:** Weight loss app for Veterans, service members, their families, and others who want to lose weight. 19-week program. Track your food, activity and weight.
- **My Fitness Pal:** Track your calories and exercise.
- **Lose it!:** Log your food and get individual or group support.
- **BMI Calculator:** Track your body fat and count calories.
- **Weight Watchers Mobile:** Track your diet, exercise and weight loss. Local meetings and healthy recipes.
- **Fast Food Calorie Counter:** Information from fast food restaurants.
- **Diet Assistant:** Daily menus and weight loss plans.
- **Pedometer Free:** Track your walking.
- **Daily Burn:** Library of fitness videos.
- **7-Minute Workout:** Daily 7 minute workouts.
- **Endomondo Sports Tracker:** Track your activity with an audio coach.

***Stress management and sleep:***

- **CBT-i Coach App:** Guide on how to adjust sleep routines and approach to sleep in order to enhance sleep quality and duration. Best used in conjunction with in-person insomnia treatment by a health professional.
- **Mindfulness Coach App:** Guided mindfulness exercises and education about the benefits of mindfulness.
- **Lift-Daily Motivation:** Goal-setting and motivation.
- **Breath2Relax:** Breathing exercises to reduce stress.
- **Virtual Hope Box:** Tools to help with coping, stress and relaxation

Visit <http://www.veterantraining.va.gov> for online tools to manage:

- **Anger and Irritability Management Skills (AIMS):** Manage your anger and develop self-control over your thoughts and actions.
- **PTSD Coach Online:** Offers tools to help manage anxiety, anger, sleep problems and more.
- **Moving Forward: Overcoming Life's Challenges:** Educational and life coaching program that teaches Problem Solving skills.
- **Parenting for Service Members and Veterans:** Course helps parents learn how to address both everyday parenting challenges as well as family issues unique to military families.

***Relaxation nature sounds and melodies:***

- **Relax Melodies:** 50 sounds available for sleep and relaxation.
- **Nature Sounds Relax and Sleep:** Select sounds to reduce stress.

***Quit Tobacco and AA recovery:***

- **Stay Quit Coach:** designed to help Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking.
- **MyQuit Coach:** Track your cravings and set quit goals.
- **Quit It Lite:** Graphs benefits of quitting.
- **Quit Smoking:** Track your health changes with less smoking.
- **QuitNow!:** Tips to deal with emotions. Share your success on social media.
- **My Last Cigarette-Cessation Nation:** Motivational messages.
- **iPromises Recovery Companion:** Daily positive messages and AA meeting locator.
- **Stay Quit Coach APP:** designed to help Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking.