

Your Real Pain is COMPLEX

An imbalance in any of these areas will affect your pain:

- Sleep
- Family and Friends
- Spirit and Soul
- Working Your Body
- Surroundings
- Food and Drink
- Personal Development

Therefore, the
Empower Veterans Program
takes a

Whole Health Wellness Approach

(see the *Wheel of Health* on the right)

Empower Veterans Program

Atlanta VA Clinic
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Wheel of Health



VA
HEALTH CARE | Defining
EXCELLENCE
in the 21st Century

EVVP

Empower Veterans Program

for a fuller life!

*Training in Self-Care
for
Chronic Pain*

Atlanta VA Health System



EVP Goal

Empower Veterans Program coaches Veterans with chronic pain to live a fuller life by moving toward their own Wellness goals.

By participating in **EVP**, several providers/coaches will work with you for maximizing your Whole Health.

The *Wheel of Health* pictured on the back illustrates the various factors that can impact you as a whole person.

What Veteran Alumni are saying:

"I wish I did this years ago!"

"Now, I'm not stuck in the swamp."

"I'm not going around angry anymore."

"The EVP staff really cares!"



Veterans in EVP will participate in each of the following group classes:

ACT (Acceptance and Commitment Therapy)

Led by psychologists and social workers. ACT focuses on how our thoughts, feelings, and behaviors relate to pain and other life stresses. We will discuss how to take action on what matters most to you.

Whole Health

Led by chaplains and others to address issues that impact the experience of pain such as: sleep, nutrition, rebuilding relationships, etc. We also practice mindfulness activities in class that can also be used at home to improve your quality of life.

Mindful Movement

Led by physical therapists to learn body awareness and feeling safe in movement. Activities fit for all ability levels are designed to enhance movement. Movement is life: Improve the quality of movement and you improve the quality of life.

The three parts are effective when *practiced daily at home* – as each Veteran learns to be the quarterback of his/her own healthcare team and move towards goals for a fuller life.

10 Weeks of Training

Classes will take place nearly every week. Classes meet every week for three hours, at the same time and day of the week for 10 weeks. Check-in is 30 minutes before the class times provided below.

Class Times:

<u>Tuesday</u>	11:30 am - 2:30 pm 3:30 pm - 6:30 pm
<u>Wednesday</u>	9:30 am - 12:30 pm 1:30 pm - 4:30 pm
<u>Thursday</u>	11:30 am - 2:30 pm 3:30 pm - 6:30 pm
<u>Friday</u>	9:30 am - 12:30 pm 1:30 pm - 4:30 pm

Check-out

EVP

Empower Veterans Program

at a

MEET & GREET

Monday

2:30 pm - 3:30 pm