

# Whole Health Active Movement

## *“Let’s Get Moving!”*

- ✓ **Tai Chi/Qigong**
- ✓ **Yoga**
- ✓ **Strength & Conditioning/  
Open Gym**

***All classes are now offered online, through VA Video Connect (easily accessible by clicking a link sent to your e-mail)***

**No referral needed/  
Direct access**

**Just call 503-273-5114  
for an appointment**



**For more information on  
classes & scheduling,  
call our  
Active Movement line:  
503-273-5114**

*\*All classes can be modified for  
any levels of ability.*

*\*\*Conducted from the comfort  
of your home, wear comfy  
clothes, sturdy shoes and have  
water available.*



**VA**



U.S. Department  
of Veterans Affairs

Veterans Health  
Administration  
VA Portland  
Health Care System