



Taking Charge of My Life and Health

Pathway to a Healthier, Happier You

The road to better health starts with what matters most to you. Being happier and healthier goes beyond preventing illness to considering all parts of life that promote well-being. This program will help you explore what you want from your health and why. It will help you accomplish your health goals, and address not just your medical needs, but also your needs to live a fulfilling, purposeful life.

In this supportive group, you will learn new skills to achieve goals that matter to you.

Each week you will:

- Practice mindful awareness
- Reflect on what matters most to you
- Create a personalized plan that supports your unique health and well-being goals

Schedule:

Face to Face meetings

Six Thursdays:

November 18,
December 2, 16, 30, 2021
and January 13 and 27, 2022

Time: 10:00 to 11:30 a.m.

FHCC Main Campus

3001 Green Bay Road,
North Chicago, IL 60064
Meditation Room: 133EF-2E-103

Registration is required

Pre-register by phone:
224-610-7609

****Face Masks Required****

Live Whole Health.

Download the [Live Whole Health app](#) to manage your Whole Health journey anytime, anyplace.

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