



Mission, Aspiration, Purpose (MAP) Monday

Join us midday Mondays for our introductory Whole Health class or peer led group. All classes virtual through Veteran Virtual Care (VVC).

Introduction to Whole Health

11:00 a.m. to 11:45 a.m.

Learn how VA's Whole Health program is transforming health care by putting the patient's goals first.

Taking Charge of My Life and Health Peer-Led Group

Noon to 1 p.m.

Learn how TCMLH group support helps Veterans:

- Explore their life mission, aspirations and purpose.
- Conduct a personal health inventory.
- Practice goal setting, skill building, and proactive management of their health and well-being.
- Develop a Personal Health Plan for proactive partnership with providers.
- Support other Veterans through the change process.

Open to Veterans, families, and staff. To learn more or register for either program, call 412-360-3262 or log into your Premium MyHealtheVet account and send a secure message to PITTSBURGH-WHOLE HEALTH_WH

www.pittsburgh.va.gov
412-822-2222 | 866-482-7488

VA



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Veterans Health Administration
VA Pittsburgh Healthcare System