

Virtually **MOVE!**

Many programs, groups, and events have gone virtual this year, including the Butler VA's Be Active and MOVE! (BAAM) program. Marine Corps Veteran Richard "Rich" Bagay was the first Veteran to join the new, virtual BAAM class when it started up in August and has been regularly attending ever since along with his wife of 50 years, Marie.

Be Active and MOVE! known as "BAAM" consists of group activity (aerobic fitness, strengthening exercises, balance and flexibility training) along with education about the new skills all performed with the support of fellow Veterans. BAAM helps Veterans learn how to be more physically active through instruction and practice.

While it's too soon for Rich to notice any major changes from class, he has noticed the exercises getting easier for him, and that his balance has improved. Balance is just one of the many areas the class focuses on.

"They change it up every class. Today, we did a lot of high intensity aerobics. If you do the class right, you're wound up for a while, and sweaty and tired," he shared.

The focus of the BAAM class is to become more comfortable with different activities to improve fitness and health. Modifications also are provided for various fitness levels.

"Don't be afraid of doing it! You don't have to do it all, you can do what you can. We're not here to win medals,



we're here to improve our physical state as we get older. It can only help you as you get older!"

Rich and his wife highly recommend the class and encourage other spouses to join in too. "We're lucky that it's there for us. We really appreciate the people putting in the effort to help us."

Be Active and MOVE! (BAAM) is offered via VA Video Connect (VVC) Mondays at 9 a.m. and Thursdays at 8 a.m. To enroll, contact the Butler VA's MOVE! Office at 724-991-0897. To learn about other virtual fitness classes and resources, Veterans are encouraged to talk to their health care team.

“We're not here to win medals, we're here to improve our physical state as we get older.”

- Richard "Rich" Bagay, Marine Corps Veteran



Choose VA

Convenient Locations!

The Butler VA has SIX convenient locations covering Armstrong, Butler, Clarion, Lawrence, and Mercer Counties. And, virtual care is an option! Choose the Butler VA Health Care System. Enroll today!

www.choose.va.gov

HEALTHY LIVING MATTERS TRY YOGA!



The Butler VA offers a free, online yoga class every Wednesday at 9 a.m. All levels of physical activity are encouraged to join. Please call 878-271-6484 to participate.



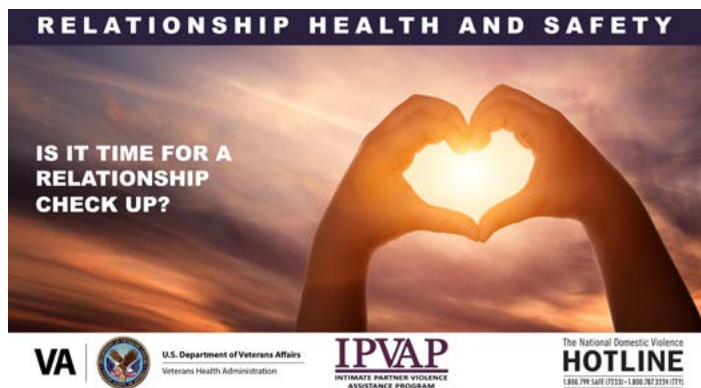
IT'S TIME TO GET YOUR FLU SHOT!

Vaccination is the surest way to protect against getting the flu. Get your flu shot at one of our October flu clinics:

- **Saturday, October 3 – 10am-2pm**
Lawrence County VA Clinic
Last names A-M: 9:00am-12pm
Last names N-Z: 12:00-3:00pm
- **Tuesday, October 6 | 1-7pm**
Lawrence County VA Clinic
- **Thursday, October 8 | 12:30-3:30pm**
Cranberry Twp. VA Clinic
Veterans with last name beginning A through J
- **Friday, October 9 | 12:30-4pm**
Armstrong County VA Clinic
Veterans with last name beginning A through M
- **Tuesday, October 13 | 1-7pm**
Michael A. Marzano VA Clinic
- **Wednesday, October 14 | 10am-2pm**
Parking Lot of Abie Abraham VA Clinic
- **Thursday, October 15 | 12:30-3:30pm**
Cranberry Twp. VA Clinic
Last names K-R only
- **Friday, October 16 | 12:30-4pm**
Armstrong County VA Clinic
Veterans with last name beginning N through Z only
- **Saturday, October 17, 2020**
Michael A. Marzano VA Clinic
Last names A-M: 9:00am-12pm
Last names N-Z: 12:00-3:00pm
- **Tuesday, October 20 | 1-7pm**
Lawrence County VA Clinic
- **Thursday, October 22 | 12:30-3:30pm**
Cranberry Twp. VA Clinic
Last names S-Z only

- **Friday, October 23 | 12:30-4pm**
Clarion County VA Clinic
Last names A-M only
- **Tuesday, October 27 | 1-7pm**
Michael A. Marzano VA Clinic
- **Friday, October 30 | 12:30-4pm**
Clarion County VA Clinic
Last names N-Z only

For more information or if you have questions about the upcoming flu clinics, please contact Ron Collett at (878) 271-6677.



CHECK UP, CHECK IN, CHECK OUT OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH (DVAM)

This October, the DVAM theme is: “Check Up, Check In, Check Out Relationship Health and Safety.” A relationship health and safety Check Up is an opportunity for education, prevention and early intervention for Veterans, their partners, and VA employees. We encourage Veterans, their partners, and VA staff to Check In with their local IPVAP Coordinator and to Check Out available resources and services. Together, we can make a difference.

Find resources and support at <https://www.socialwork.va.gov/IPV/> or by calling the national toll-free 24-hour domestic violence hotline: 1-800-799-SAFE (7233).

Contact your local IPVAPC directly at 878-271-6124.

SALUTE YOU

Thank you for your service
CHUCK JENNINGS,
Vietnam Veteran
U.S. Navy Veteran



1969-1972
Navy Corpsman

Butler VA Volunteer
Veterans History Project
(VHP) Volunteer
Veterans, share your
military story for the
VHP by calling Chuck
at 724-287-3132.

Let us “Salute You!” Contact the Butler VA Public Affairs Office for more information.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Butler VA Health Care System



353 north duffy road . butler pa 16001

800.362.8262
724.287.4781

www.butler.va.gov



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