

BEING ACTIVE

New Mexico VA Healthcare System Programs

Recreation Therapy

- Free activities at the Recreation Hall in Building 1
- Calendar with activities available in the Recreation Hall
- “Being active” activities may include: Yoga, Tai Chi, Fly fishing, Adaptive sports
- Other activities may include: Ham radio, Creative writing, Watercolor painting, Guitar lessons, AA meetings, Pet therapy and more!

Pool Therapy

- Water aerobics program—3 days a week
- Must be able to get into the pool by yourself
- No incontinence or open wounds allowed
- Doctor consult needed

Wellness Program

- Evaluation by a physical therapist then,
- Can use gym equipment in the main hospital (building 41), 2nd floor
- 2 days a week
- Doctor consult needed

P.A.V.E.= Prevention Against Amputation of Vets Everywhere

- Vets at risk. Those with diabetes, neuropathy
- Doctor consult needed

MOVE!=Managing Overweight in Vets Everywhere

- Options for different ways to do the program
- One time appointment OR 90 day telephone program OR 4 month individual or weekly class
- Doctor consult needed

Geriatric Women’s Group

- Open to women over age 55
- Doctor consult needed

Ask you primary care provider for a referral to the program

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