

VA Wellness Clinic at the OrthoIndy YMCA

(317) 974-4000

Class	When
Chair Yoga 10 classes	Monday 2:30-3:30pm Tuesday 1:15-2:15pm Thursday 1:30-2:30pm
Tai Chi for Pain and Stress Management 10 classes	Monday 1:15-2:15pm Wednesday 9-10 am Wednesday 1:15-2:15pm Friday 7:45-8:45am
Walking Group 18 classes *must be able to walk 10 minutes	Tuesday and Thursday 9-10:30am
Hope and Healing 10 classes	Wednesday 10-11:30am
iRest Meditative Practice 8 classes	Monday 10-11:30am or 1-2:30pm
iRest for Women Meditative Practice 8 classes	Thursday 1:30-3pm
Cognitive Behavior Therapy Group for Chronic Pain *Consult required 10 classes	Thursday 1-2:30pm
Cognitive Behavior Therapy Group for Insomnia for Chronic Pain *Consult required 7 classes	Wednesday 8-9:30am
Mindful Yoga 12 classes	Friday 1:30-3pm
Creative Arts for Chronic Pain *Consult required 10 classes	Wednesday 2:30-4pm
Men's Chronic Pain Group	*Please speak with Beth Holder, CTRS, for enrollment
Women's Chronic Pain Group	*Please speak with Beth Holder, CTRS, for enrollment

OrthoIndy YMCA 5315 Lafayette Rd. Indianapolis, IN 46254

***** CALL TO SCHEDULE FOR CLASSES ***** April 2019