

My Mall

Healthy living experiences for Women Veterans.



My Mall is a virtual place and method for Women Veterans to “shop” from an ongoing series of health care education and services “stores” tailored to their own unique health care needs. The stores in the mall are all focused on keeping Women Veterans healthy, and as we open the different stores each woman can choose if she would like to shop. This individual selection is what makes it “My Mall.”

The first store opening is the Stress and Pain Management Spa, which offers a variety of tools to assist women with managing stress and pain. The Stress and Pain Management Spa will be open September 30, 2014, from 5:30 to 7:30 p.m. in Building 96 at the St. Cloud VAMC and at the Alexandria, Brainerd and Montevideo VA Clinics via teleconference.

What is taking place at the Spa?

From 5:30-6:30 p.m. *(Please call if you want to receive the flu vaccination)*

Registration, social gathering, light refreshments, health screenings and flu vaccinations. Resources available include: Veterans Benefits Administration (VBA) representative, Care Giver Support Program, Tele Health, Health Promotion Disease Prevention, Women’s Health, Veterans Library, enrollment and eligibility and many more.

From 6:30 to 7:00 p.m.

Psychologist Alicia Lelis, PhD., will conduct an interactive session on simple yet effective techniques on how to manage pain and stress that can be used anywhere, at any time. Her presentation provides shoppers with a number of tools to add to their “shopping bag.”

From 7:00 to 7:30 p.m. *(Please RVSP if planning to attend the yoga session, space limited) (25 participants for St. Cloud, 8 for Alexandria, 12 for Brainerd and 8 for Montevideo)*

Recreation Therapist Kristin Olson, CTRS, will conduct a yoga session for those who are interested in exploring the benefits of yoga for pain and stress management. Please wear comfortable clothes. For those with physical limitations chair yoga will also be offered.

Closing remarks and door prizes

Not enrolled at the VA? No problem. Bring a copy of your DD214 and the eligibility staff can assist you.