

My Mall

Healthy living experiences for Women Veterans.



My Mall is a place and new ways 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 second store opening is Secrets of the Heart, which offers a variety of tools to assist women in caring for her heart health. Secrets of the heart will be open on January 27, 2015 from 5:30 to 7:30 p.m. in Building 48 room 14 at the St. Cloud VAMC.

What is taking place at Secrets of the Heart?

From 5:30 p.m. to 6:00 p.m.

Registration, social gathering, and health screenings. Resource table includes information about: Veterans Benefits Administration (VBA), Care Giver Support Program, Tele Health, Health Promotion Disease Prevention, Women’s Health, Veterans Library, enrollment and eligibility and many more.

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

Jennifer Sprengeler, RN from the cardiology clinic and Janet Nelson RN, from the Women’s Clinic will be providing an interactive presentation on heart health. They will teach you how to check your heart rate, differences between men and women heart symptoms and other related topics. Their presentation provides shoppers with a number of tools to add to their “shopping bag.”

From 6:30 to 7:30 p.m. *(Please RVSP if planning to attend the yoga session, space limited to 20 participants)*

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

Closing remarks and door prizes

For more information visit: www.stcloud.va.gov event and classes or call (800) 247-1739, ext. 6353

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