



# THRIVE

*T*ransforming *H*ealth and *R*esilience through *I*ntegration of *V*alues-based *E*xperiences

**Classes will be virtual shared medical appointments.**

**Veterans eligible for Thrive MUST be:**

- Free of active substance abuse or dependence
- Commit to attend at least 11 of the 14 classes
- Have no significant cognitive impairment



**Northern AZ VA Health Care System**  
Women Veterans Program Manager  
500 N. HW 89 Prescott, AZ, 86313  
928-445-4860 ext. 6688

*Northern AZ VA Healthcare System*



# THRIVE

**A Whole Health Approach to Well-Being!**

**FOR WOMEN VETERANS**



**Virtual 2-hr weekly class held over 14 weeks**

**If interested, call (800) 949-1005 ext. 2237**

*Northern AZ VA Healthcare System*

# Are you looking for something more from life? *THRIVE* may be your answer!!!

**THRIVE** is a program for Veterans who are looking for a holistic approach to health and well-being. It is currently only offered for female Veterans. The program consists of 2-hour weekly shared medical appointments which will be held virtually for 14-weeks and cover an array of topics.

The purpose of **THRIVE** is to help guide Veterans towards better health, improved quality of life and greater happiness. We accomplish this together through sharing evidence-based health information, creative projects, conversation, and home assignments.

Your **THRIVE** Team includes various health care professionals:

- Physician, nurse practitioner, or physician assistant
- Psychologist
- Social Worker
- Dietitian
- Pharmacist
- Recreational Therapist
- Nurses
- Guest Speakers



**THRIVE** topics include:

- Sleep & Restoration
- Nutrition
- Mental Health & Happiness
- Financial Health
- Stress Reduction & Movement
- Environmental Health
- Healthy Relationships
- Expanding Your Creativity
- Sexual Health
- Mindfulness & Intuition
- Spiritual Health
- Work/Life Purpose

Join us as we explore the connection of your mind, body and spirit. To find out more about THRIVE please talk to your Primary Care Team or call Johanna, Women's Health PSA at **(800) 949-1005 ext. 2237**.  
*Veterans eligible: Must commit to 11 of 14 classes.*

  
**THRIVE**  
A Whole Health Approach to Well-Being!