



# VA Telehealth

**GROUPS & CLASSES by ISA**



**REGISTERED DANCE/MOVEMENT THERAPIST & L.C.P.C.**

**Isabel.Mulcahy@VA.gov <=> 312-569-1232**



**Standing Tai Chi**  
**Mondays @ 8:00AM**

**PLUS**

**WHOLE HEALTH GROUPS**

**MONDAYS @ 11:00am FACEBOOK LIVE**

**<https://www.facebook.com/VAChicago>**



**Seated Tai Chi**  
**& Qigong**

**TUESDAYS @ 8:00AM**



**Expressive Dance & Movement – Ladies only**

**Release feelings with movement & the creative process**

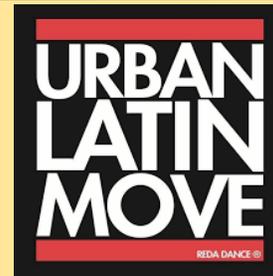
**MONDAYS @4:00PM**



**Tactical & Strategic Warrior Meditations**

**WITH EYES WIDE OPEN**

**WEDNESDAYS @ 8:00AM**



**Latin Dance Class**

**WEDNESDAYS @4pm**

**Plus**

**WEDNESDAYS @11:00AM**

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