

## What are the advantages of participating?

Participants in A Time to Heal for Veterans receive helpful information about healing, training in coping skills such as relaxation, and opportunities to ask questions and share insights with the facilitators, expert faculty and other survivors. As a result, they may feel better emotionally and physically. People who have completed the program in the past, say they have greater satisfaction with life and stronger feelings of well-being.

## Are there disadvantages of participating?

No serious disadvantages of participating in A Time to Heal for Veterans are anticipated. It is possible to hurt yourself during gentle exercising, but every precaution will be taken to prevent that. Some participants can become upset talking about topics related to cancer. To guard against undue stress, the group will be led by trained medical and mental health professionals, and no participant is forced to take part in discussions.

### Giving You Access to the Tools You Need to be Well

Studying the research on cancer survivors has shown that people who have information, who make healthy choices, and who feel able to make a difference in their own lives can do very well after cancer treatment.

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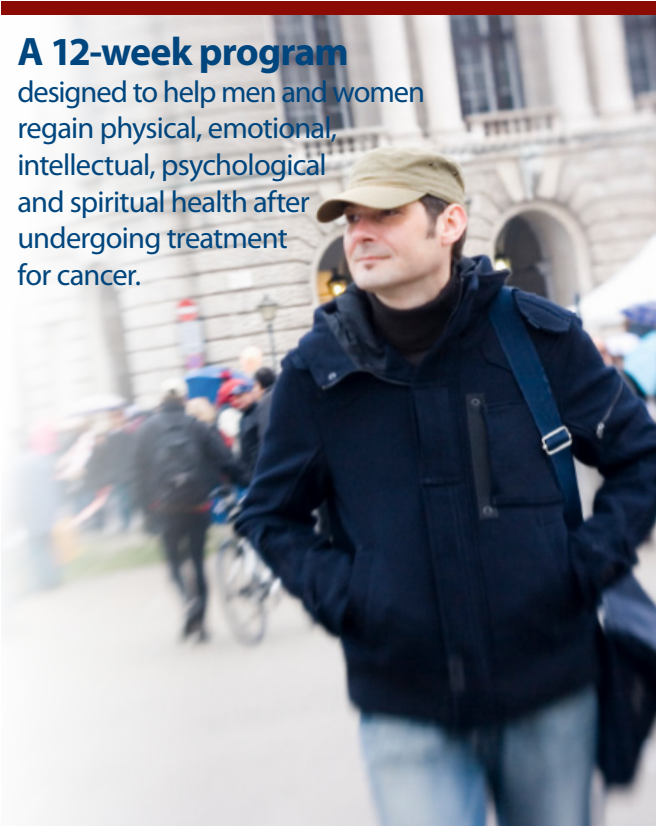
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Media/Research/2014/A Time to Heal for Veterans Brochure 10-14

# After the Victory Is A Time to Heal

### A 12-week program

designed to help men and women regain physical, emotional, intellectual, psychological and spiritual health after undergoing treatment for cancer.



## VA Nebraska-Western Iowa Health Care System

# After The Victory is *A Time to Heal*

**A Time to Heal for Veterans is a 12-week holistic rehabilitation program designed to help people regain their physical, emotional and spiritual health after cancer treatment.**

Research and experience have shown that the individual components of A Time to Heal for Veterans make a positive difference in the well-being of cancer survivors.

## Why is this Essential?

Like someone undergoing cardiac rehab after a heart attack, a person deserves help in recovering from cancer, too.

Participating in A Time to Heal for Veterans may help you to not only survive, but thrive after cancer treatment.



## Who can participate?

Men and women Veterans who are enrolled in VA health care and have completed surgery, chemotherapy and/or radiation for a cancer diagnosis are eligible to participate. Each participant may bring a family member/caregiver or friend to participate. People with additional serious health issues may not be eligible.

## What does the program involve?

- ★ Groups meet for about two hours a week.
- ★ Each week, the session begins with the gentle stretching designed to promote flexibility, clear thinking and strength.
- ★ Weekly instruction will include topics such as nutrition, coping, relationships, relaxation, spirituality, sexual functioning, happiness and mental attitude.
- ★ The group discusses the information together and people work individually by journaling.
- ★ Participants learn and practice relaxation techniques.
- ★ Each session ends with affirmations and intentions.
- ★ People who complete at least 10 of the 12 sessions will “graduate.”
- ★ Participants are free to quit the group at any time.

## How can I participate?

Regular participation is important to get the full benefit. You need to be able to commit to attending at least 10 of the 12 sessions of A Time to Heal for Veterans.

You will be asked to complete a short interview prior to enrolling to get more information and to let the facilitators get to know you.

You'll be asked to fill out some research questionnaires so the trainers can evaluate whether the program is meeting its goals. Your participation may help not only you, but other survivors who will benefit from the research findings.

## What does it cost?

A Time to Heal for Veterans is free to participants.

