

INTERNITY: Veterans Making a Difference

I-Zoom Connections

I-Zooms is a new series of monthly Zoom meetings connecting veterans across the country with the staff of INTERNITY and special guest speakers. The purpose of these free meetings is to educate veterans about many issues that the veteran community faces, and empower them to take action / make positive changes in their lives.

The I-Zooms are sponsored by Downeast Wellness Integrative Health Services, LLC and will run from 7:00 pm to 8:30 PM on the 2nd Wednesday of every month. All veterans are invited to attend, and participants who attend all 10 scheduled meetings will earn a certificate of completion that can be used for continuing education in many professions. For those attendees who wish to expand their training and complete a monthly assignment after each session, college level credit will be awarded through the emerging Downeast Wellness Institute.

MEETING AGENDAS

1. Introductions
2. INTERNITY: Veterans Making a Difference news
3. Regional “check in” on veteran issues
4. National veteran trends
5. Monthly topic / training / Guest speakers
6. Call to Action / Matching volunteers to programs

Veterans can log in through the INTERNITY: Veterans Making a Difference webpage at <http://www.internityveterans.org>.

2024 TOPICS

March: INTRO to I-Zooms, the “Whys and Hows” of coming together. Complementary Medicine and VA Directive 1137

April: When Mental Health is NOT Mental – Understanding Neurobiological Injuries

May: Understanding the “Hows and Whys” of the Veteran Suicide Epidemic

June: Food Intolerances / Sensitivities and Functional Health

July: The HPA Axis’ role in Stress-Related Health Conditions / Distress and Eustress

August: The Daily D.O.S.E. of Healthy Recreation

September: Chronic Pain and Complementary Medicine – What Works and What Doesn’t

October: Ketamine, Psychedelics, and Ayahuasca to mitigate C-PTSD

November: Building Resiliency with the Ivers

December: Medical Cannabis - Pros and Cons to Herbal Healthcare