

VA St. Louis Whole Health Catalogue



**DISCOVER
WHAT MATTERS**
Live Whole Health.

What is Whole Health?

You are the expert on you! What really matters to you?

Why do you want or need your health?

What do you want your life to be like?

Sometimes, it is hard to figure this out.

The Circle of Health will help you think about your whole health. All of the areas in the circle are important; they are connected.





Pathway to Empowerment

Introduction to Whole Health

Start here to learn more about Whole Health! This is a 1-hour class that explains the Whole Health Approach.

- Get connected to Whole Health Services.
- Explore next steps on your health and wellness journey.
- Get setup with a Health and Wellness Coach to start your personal health plan after orientation.

Registration: In-Person, Virtual, and Evening options available. All-Women Veteran Group available.

Taking Charge of My Life and Health

A great next step following Introduction to Whole Health.

A total of 6 classes that explore the 8 areas of self-care. You will:

- Practice mindful awareness.
- Set health and wellness goals.
- Share with and learn from other Veterans.

Registration: In-Person and virtual options available. All-women Veteran groups are also available.

Whole Health Coaching

Individual Coaching Sessions: Work one-on-one with a Health and Wellness Coach to:

- Support you in exploring what matters most in your life and health.
- Help you create a personal health plan.
- Provide accountability and resources to help you make behavior changes based on your values.

Group Coaching Sessions offered for Veterans interested in working toward health and wellness goals with the support of fellow Veterans on a similar journey.

Registration: In-Person, phone and virtual options available.

To schedule an appointment or register for a class, please call the Whole Health Scheduling Line at 314-289-6583





Pathway Group Offerings

Pathway offers group opportunities to explore the 8 areas of self-care or Circle of Health: Moving the Body, Surroundings, Personal Development, Food & Drink, Recharge, Family, Friends & Coworkers, Spirit & Soul, Power of the Mind.

Women's Peer Group

- A group for all that identify as a woman to explore health and wellness goals in a positive and supportive group atmosphere.
- Class meets once a month for 60 minutes by Video Connect.

Virtual Drop-In Group

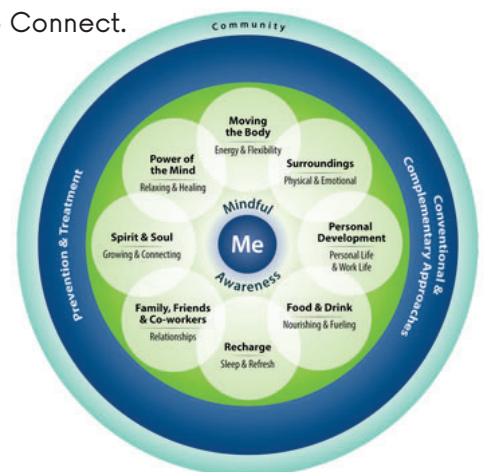
- Peer facilitated group for those in mental health or substance abuse recovery.
- Class meets weekly for 90 minutes by Video Connect.

My Recovery Plan

- Get support with your mental health and substance abuse recovery process.
- In this group, you create a plan in a supported group environment that supports various self-care areas for your daily life and times when you are in crisis.
- Class meets weekly for 60 minutes over 4 weeks by Video Connect.

Coach Conversations Group

- Join fellow Veterans working on health and wellness goals
- Explore personal strengths, set SMART goals and action steps
- Overcome barriers and gain new insights
- Develop community and experience supportive accountability
- Ongoing 90 minute Coaching Group meets weekly



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Pathway Group Offerings

Social Circle

- Connect and meet new people.
- Explore the basic foundation of relationships and friendships and challenges to creating and maintaining relationships as adults.
- Learn how this area supports your Mission, Aspiration and Purpose (MAP) in a positive and productive way.
- Class meets in person weekly for 90 minutes over 8 weeks. Call for locations.

Walking Group

- Incorporate movement into your life by listening to your body without overdoing it.
- Incorporate healthy ways to utilize the Moving the Body portion of the Circle of Health.
- Class meets in person at Jefferson Barracks weekly for 90 minutes.

Couch to 5K

- Become more active through walking, running, or rolling.
- Succeed through goal setting, support and connection to resources.
- You will also have an opportunity to sign up for a 5k (or other distance) near the end of the course.
- Class meets weekly for 90 minutes over 12 weeks by Video Connect.

Creative Outlets

- Explore creative ways to express emotions through journaling, coloring, drawing and more with a Whole Health Coach and a Rec Therapy Art Therapist.
- Class meets in person at Jefferson Barracks weekly for 90 minutes over 7 weeks.
- Ask your primary care doctor for an Art Therapy referral to join the group.

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Well-Being and Self-Care



Introduction to Food as Medicine

Functional nutrition optimizes health and well-being by exploring food choices and lifestyle. Each class has a brief food demo or experience you can try at home. We discuss:

- Whole foods
- Anti-inflammatory foods
- Common nutrient deficiencies
- Nutrition supplements
- Mindful eating
- Effect of food choices on mental well-being

Registration: Classes meet weekly for 90 minutes for four sessions; offered in-person at Jefferson Barracks and by VA Video Connect.

Women's Retreat AND Men's Retreat

Retreat-style space offered to women-only or men-only groups to share knowledge and practice self-care amongst your peers.

Topics:

- Pain
- Stress
- Sleep/Fatigue
- Mood
- Healthy Weight
- Men's Health/Women's Health
- Preventative care

Self-Care Experiences:

- Therapeutic Breathing
- Aromatherapy
- Healing Touch
- Music and Art
- Yoga
- Journaling
- Guided Imagery

Registration: Group meets once a week for 8 weeks and is offered virtually.

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Yoga

Yoga is a mind and body practice. It includes movements, breathing, and meditation. Yoga has many health benefits. It can be adapted for all levels of fitness.

How do I get Started?

Attend a yoga intake group (virtual) to gain understanding of yoga class levels offered.

- You and the facilitator decide the best class for you to take first
- Discuss safety, movement, activity level, and any questions you have
- Learn how to prepare for VA group classes (virtual or in-person)

Adaptive Yoga

Yoga can be adapted to meet your needs no matter your fitness level. Yoga can be done seated, standing, or moving the whole body. Yoga is a low-moderate aerobic exercise. Classes offered In-Person and virtually.

Yoga is a practice with three core parts:

Physical postures
Focused breathing
Purposeful, mindful attention

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Tai Chi

A series of slow gentle movements, relaxed breathing, and physical postures that help to connect the mind and body

How do I get Started?

Attend a Tai Chi intake group (virtual or in-person) to gain understanding of class levels offered.

- You and the facilitator decide the best class for you to take first
- Discuss safety, movement, activity level, and any questions you have
- Learn how to prepare for VA group classes (virtual or in-person)

Tai Chi

Tai chi is an ancient Chinese mind-body exercise. Tai Chi is called an internal martial art. It can be done standing, with optional side support, or seated.

Tai Chi enhances:

- Relaxation
- Focus
- Posture
- Balance
- Strength
- Coordination
- Mood

Tai Chi is a great exercise for people of all ages and abilities. Classes offered In-Person and virtual

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HERE.
NOW.

Power of the Mind

Guided Meditation

A meditation practice based in sleep yoga. Yoga Nidra and iRest can be done seated, laying down, or moving. It can be helpful for sleep, pain, anxiety, and improving a sense of peace and general well-being.

Registration: Class meets by Video Connect.

Body Mind Healing

Teaches strategies to calm the mind and relax the body by paying attention in a new way (mindfulness), working with the breath to create change (biofeedback), using the body to calm the mind/build stability (yoga), & building mental flexibility (hypnosis).

Registration: 8-week Class meets weekly by Video Connect.

Guided Imagery

Learn guided relaxation methods picturing positive, peaceful settings, or settings you create.

Registration: Class meets in person at Jefferson Barracks for 60 minutes.

Breathwork For Health

Develop the power of healthy breath habits and energy of the heart to increase presence and strengthen mind-body connection.

Registration: In-person options available for 90 minutes at Jefferson Barrack and Washington Annex Clinic

Mindful Outdoor Experience

Explorations starting within your own back yard! Basic wilderness learning and local land history. Culminates to accessing local parks and various lands.

Registration: 8-week Class meets weekly by Video Connect.

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Creative Arts Expression

Enhance emotional strength, improve focus, learn new creative skills, resolve distress and conflict, foster self-worth, build social connection, experience joy and laughter.

Exploration of Fiber Arts

6 weeks of intro to basic fiber creativity: hand stitching, cross stitching, felting, string art, weaving, knotting, macrame.

Exploration of Bookmaking 101

6-week sessions in the exploration of creative process, creating booklets, journals, books.

Creative Weekend Pages

6 weeks of creative goal, organization, honey do lists, formation of healthy habits all through the creative art making process.

Registration: All Creative Arts groups meet In-person for 90 minutes at Jefferson Barracks.
Call Whole Health to schedule.

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