

VA St. Louis Whole Health Catalogue



**DISCOVER
WHAT MATTERS**
Live Whole Health.

What is Whole Health?

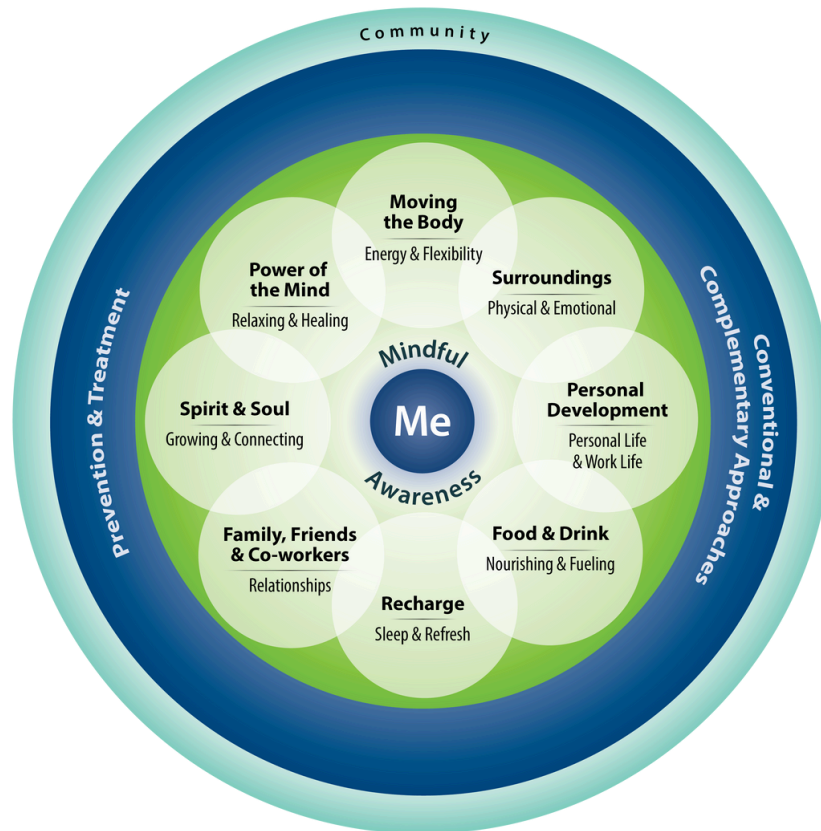
You are the expert on you! What really matters to you?

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.



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



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. **In-person, VA Video Connect, and Evening options available. All-women Veteran Groups are also available.**

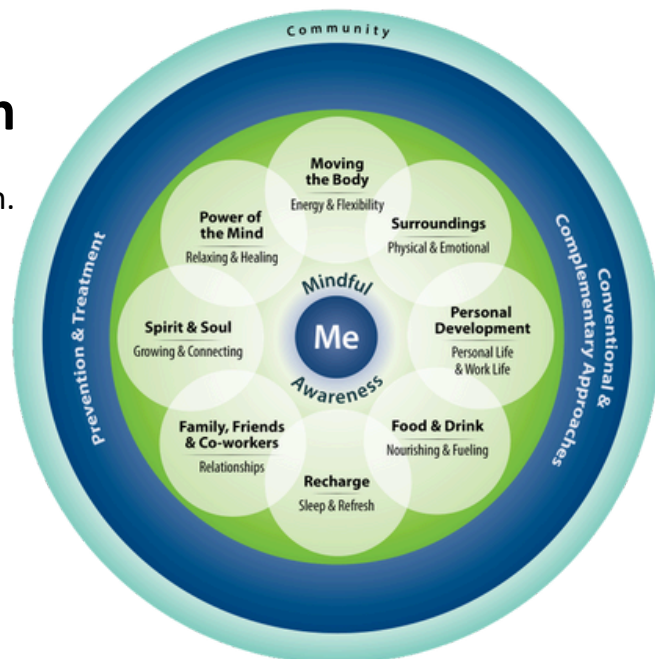
- Get connected to Whole Health Services.
- Explore next steps on your health and wellness journey.
- Get setup with a Health and Wellness Coach to start your personal health plan after orientation.

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.

In-person and VA Video Connect options available. All-women Veteran groups are also available.



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Pathway to Empowerment

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.

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.

In-Person, phone and VA Video Connect options available.

Virtual Drop-In Group

A peer-facilitated group for those in mental health or substance abuse recovery.

Class meets weekly for 90 minutes by VA Video Connect.

WoVeN

A group for women Veterans, led by women Veterans that explores life transitions, balance, connections, stress relief, trust and esteem.

Class meets weekly over 8 weeks for 90 minutes by VA Video Connect.

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Pathway to Empowerment

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.

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 VA Video Connect.

Vet to Vet

- Support group for veterans with chronic pain, led by veterans living with chronic pain.
- Listening to other Veterans' chronic pain stories, and – if comfortable – sharing your own, may help decrease the impact of pain on your life and increase your sense of community.
- Class meets weekly for 60 minutes by VA Video Connect.

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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.

Classes meet weekly for 90 minutes for 4 sessions; offered in-person at Jefferson Barracks and by VA Video Connect.

Topics include:

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

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.

Group meets weekly for 8 weeks through VA Video Connect.

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





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 or in-person) 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 (VA Video Connect 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 by VA Video Connect.**

Yoga is a practice with three core parts: Physical postures, focused breathing, and 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 (VA Video Connect 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 is a great exercise for people of all ages and abilities.

Classes offered in-person and by VA Video Connect.

Tai Chi enhances:

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



HERE.
NOW.

Power of the Mind

Guided Meditation

A mediation 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.

Class meets by VA Video Connect for 60 minutes.

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).

Eight-week Class meets weekly by VA Video Connect for 60 minutes.

Guided Imagery

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

Class meets in person at Jefferson Barracks and by VA Video Connect for 60 minutes.

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Power of the Mind

Walking Group

Walking to Wellness can help you use physical activity to feel better physically and emotionally.


- 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.

Six-week class meets weekly for 90 minutes in-person at Jefferson Barracks, Building 1, 2nd Floor, East Wing.

Mindful Outdoor Experience

Explorations starting within your own back yard! Basic wilderness learning and local land history, which grows into accessing local parks and various lands in your community.

Class meets by VA Video Connect for 90 minutes.



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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.

Creative Expressions Through Clay

Utilizes the Creative process and art making to explore the following:

- Creative self-expression, build new art skills.
- Hand Build with clay, pinch, coil, slab techniques, fire, glaze.
- Gain support through peer connections.

Class meets in-person, weekly for 6 weeks at Jefferson Barracks, Building 1, 2nd floor, East wing.

Exploration of Fiber Arts

Introduction to basic fiber creativity: hand stitching, cross stitching, felting, string art, weaving, knotting, and macrame.

Class meets in-person, weekly for 6 weeks at Jefferson Barracks, Building 1, 2nd floor, East wing.



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Join Our Whole Health Volunteer Team!

Are you passionate about supporting Veterans on their journey to health and well-being? Whole Health volunteers play a vital role in creating a healing environment where Veterans can take charge of their wellness. Whether you're leading group discussions, assisting with administrative tasks, or helping with community outreach, your time and dedication will make a lasting impact.

Volunteer Opportunities

Group Facilitators: Guide meaningful discussions and support Veterans in their health goals.

Administrative Support: Organize materials, make phone calls, distribute flyers and brochures.

Whole Health Ambassador Volunteers: Engage and promote Whole Health with Veterans at the VA and the community at outreach events.

Group Attendees/Observers: Provide supportive presence during group sessions.

"Volunteers do not necessarily have the time; they just have the heart."

– Elizabeth Andrew

To learn more or sign up for volunteer opportunities, please contact vhastlvolunteer@va.gov