

Spring 2025

VA St. Louis Whole Health Catalogue



DISCOVER
WHAT MATTERS

Live Whole Health.



<https://www.va.gov/st-louis-health-care/>

www.wellvets.com

DISCOVER WHAT MATTERS TO YOU

Choose VA for Whole Health



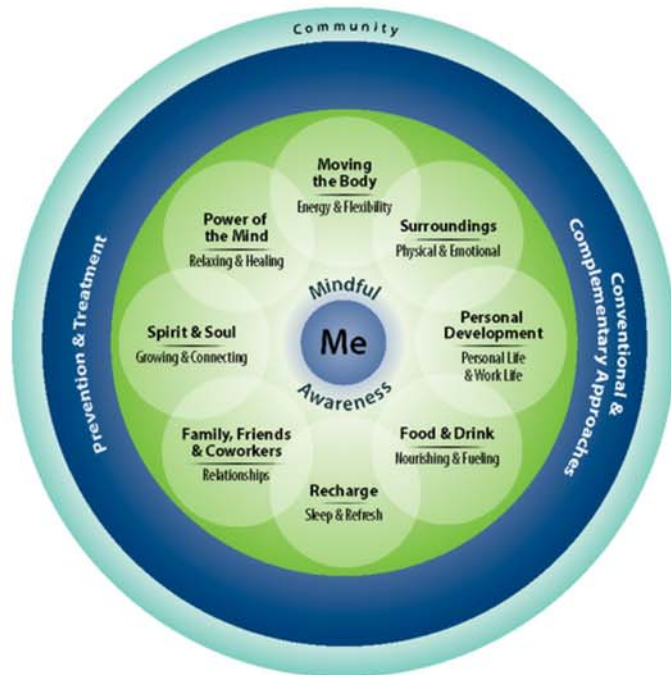
"Whole Health coaching put me on the track of my personal health and wellness plan...It really began with my primary care provider. **Whole Health is a great resource. It has the tools and the people.** Get connected today!"

-ARMY VETERAN ANNETTA SALLEY



Veterans learning strategies for self-care.

See **#LiveWholeHealth** for 200+ self-care resources.



Michael found pain relief through art.



Darnette changed her surroundings to do what she loves.

DID YOU KNOW?

You can participate remotely through **Tele-Whole Health**, like over **300,000 Veterans** have this year.

Call Whole Health to schedule an appointment today! 314-289-6583

GET STARTED WITH A CLASS

DID YOU KNOW?

Whole Health services like classes and coaching are part of your VA benefits!



Intro to Whole Health

is a **2-hour session** introducing you to Whole Health and its services to support your health and wellness goals.



Taking Charge of My Life and Health

is a series of classes **led by fellow Veterans** to help you make goals and a plan for your well-being.



Get Connected!

Learn more about Whole Health services offered at your location.



What matters to you? Your Whole Health team will work with you to build a plan **to fit your needs.**

Join **VA Whole Health** like these Veterans did!



Joe



Tammy



Michael

va.gov/wholehealth

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Pathway to Empowerment

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

Introduction to Whole Health

Start here to learn more about Whole Health!

Learn about the VA Whole Health Approach and get connected to all of your Whole Health Services.

1-hour in-person or VA Video Connect (VVC) class available.

Taking Charge of My Life and Health

A great next step following Introduction to Whole Health.

- Explore the 8 areas of self-care.
- Practice mindful awareness.
- Set health and wellness goals.
- Share with and learn from other Veterans.

Six-week group meets In-person and by VA Video Connect (VVC).



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Pathway to Empowerment

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 personalized 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 (VVC) options available.

Smart Recovery

Smart Recovery is a science-based, self-empowering, mutual support group focused building motivation and managing habits related to addiction. Veterans can connect with others in a respectful, judgment-free space that offers practical tools to support recovery.

Meets weekly for 60 minutes via VA Video Connect (VVC).

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Pathway to Empowerment

Social Circle Group

- 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.

Meets in-person weekly for 90 minutes over 8 weeks. Call for locations.

Vet to Vet Groups

- A 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 story may help decrease the impact of pain on your life, and increase your sense of community.

Meets weekly for 60 minutes by VA Video Connect (VVC).

Virtual Drop-In Group for Veterans

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

Meets weekly for 90 minutes by VA Video Connect (VVC).

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Well-Being and Self-Care



Introduction to Food as Medicine

Optimize your health and well-being by exploring your food choices and lifestyle. Each class has a brief food demo or experience you can try at home.

- Topics include:**
- Whole foods
 - Anti-inflammatory foods
 - Common nutrient deficiencies
 - Nutrition supplements
 - Mindful eating
 - Food to improve mental well-being

Meets weekly for 90 minutes for 4 sessions; offered in-person at Jefferson Barracks and by VA Video Connect (VVC).

Women's Retreats AND Men's Retreats

A retreat-style space offered to women-only or men-only groups to share knowledge and practice self-care among your peers.

Areas of Focus:

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

Self-Care Experiences:

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

Women's Group meets through VA Video Connect (VVC). Men's Group meets in-person at Washington Avenue Clinic. Groups meet weekly for 8 weeks.



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Well-Being and Self-Care



Walking for Wellness Group

Walking for Wellness meets you where you are. This group supports your individual movement goals, encourages accountability, and gives you support through peer connections.

Walking can help improve:

- Chronic pain
- Muscular strength
- Stress, anxiety and depression
- Connection with peers
- Overall well-being

Meets weekly for 6 weeks, 60 minutes, in-person at Jefferson Barracks.

Couch to 5K Group

- 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.

Group meets weekly for 90 minutes over 12 weeks by VA Video Connect (VVC).



The Resilient Heart Group

Learn the tools that allow you to build resilience to life stressors and improve your capacity to regulate your emotions.

Meets weekly for 6 weeks, 60 minutes, by VA Video Connect (VVC).

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Yoga

A mind and body practice of physical postures, focused breathing, and mindful attention.



Getting Started with Yoga:

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).

Offered in-person at Jefferson Barracks and VA Video Connect (VVC).

Adaptive Yoga Classes

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.

Yoga Class for Women Veterans

- Enhance flexibility, balance, and build muscular strength.
- Cultivate emotional regulation and self-acceptance.
- Foster connection between the body and mind.

Meets weekly by VA Video Connect (VVC) and is facilitated by a female instructor.



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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

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. Tai Chi can help you improve:

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

Getting Started with Tai Chi:

Attend a Tai Chi intake group (VA Video Connect or in-person) to gain an 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).

Offered in-person at Jefferson Barracks campus and by VA Video Connect (VVC).



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Power of the Mind

Body Mind Healing

Learn strategies to calm your mind and relax your body by paying attention in a new way: working with your breath, using your body, calm the mind, and increase mental flexibility.

Meets weekly for 8 weeks, 60 minutes, by VA Video Connect (VVC).

Guided Meditation

Known as Yoga Nidra and iRest, this type of yoga 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.

Meets in person at Jefferson Barracks and by VA Video Connect (VVC) for 60 minutes.

Guided Imagery

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

Meets in person at Jefferson Barracks and by VA Video Connect (VVC) for 60 minutes.

Hypnosis for Pain Relief

Release muscle tension and reduce pain levels.

Reduce stress, restore hope, renew energy, and resume living.

Meets by VA Video Connect (VVC) for 6 weeks.



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Creative Arts Expression

Learn new creative skills, improve focus, enhance emotional strength, improve stress levels, foster self-worth, build social connections, experience joy and laughter.

Creative Expressions Through Clay

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

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

Six-week class meets weekly in-person at Jefferson Barracks Wellness Center, Building 1, 2nd floor, East wing.

Exploration of Fiber Arts

Discover and develop creative outlets in fiber art. Learn techniques of hand sewing, basic stitching, cross stitching, felting, string art, weaving, knotting, crocheting and knitting.

Six-week class meets weekly in-person at Jefferson Barracks Wellness Center, Building 1, 2nd floor, East wing.

Phototherapy Creative Expressions

Gain a deeper understanding and meaning through photography while learning about aspects of photography and exploring your artistic side.

Topics include history of photography, handling and use of camera components, practical techniques and application while connecting with fellow Veterans.

Six-week class meets weekly in-person for 6 weeks at Jefferson Barracks Wellness Center, Building 1, 2nd Floor, East Wing.

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Women Veteran Groups

WoVeN

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

Meets weekly for 8 weeks for 90 minutes at Jefferson Barracks.

Meditation Group for Empowering Women

This group is intended for women who have completed Whole Health foundational mindfulness classes and are ready to deepen their commitment to self-healing.

Integrate mindful awareness, focused breathing, embodied release and hypnotic suggestion to connect to your authentic self.

Meets weekly through VA Video Connect (VVC).

Women's Retreat

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

Meets weekly for 8 weeks through VA Video Connect (VVC).

- Topics:**
- Pain
 - Stress
 - Sleep/Fatigue
 - Mood
 - Healthy Weight
 - Women's Health
 - Preventative care

Yoga Class for Women Veterans

- Enhance flexibility, balance, and build muscular strength.
- Cultivate emotional regulation and self-acceptance.
- Foster connection between the body and mind.

The group meets weekly via VA Video Connect (VVC) and is led by a female instructor.



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

Join Our Whole Health Volunteer Team!

Are you a passionate Volunteer looking for opportunities to support 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