

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**