

VA



U.S. Department
of Veterans Affairs

Live Whole Health.

VA VIDEO CONNECT Meditations, Tai Chi, Yoga

Whole Health Well-Being presents VA Video Connect, a virtual space to practice self-care with your provider from home.

Adaptive Yoga, Tai Chi, Mindful and iRest Meditations

*Individual and Group sessions available.
Beginners are welcome!*



Interested in Yoga or iRest Meditation? Call Beth Gill 314-452-6147

Interested in Tai Chi? Call Jon Loesch 314-745-2464

Interested in Mindful Meditation? Call Chaplain LaRon Stover 314-327-6649

Questions about Whole Health? 314-289-6583

