

Fall 2022 Whole Health Class Catalog

VA St. Louis Health Care System



Live Whole Health.

What is Whole Health?

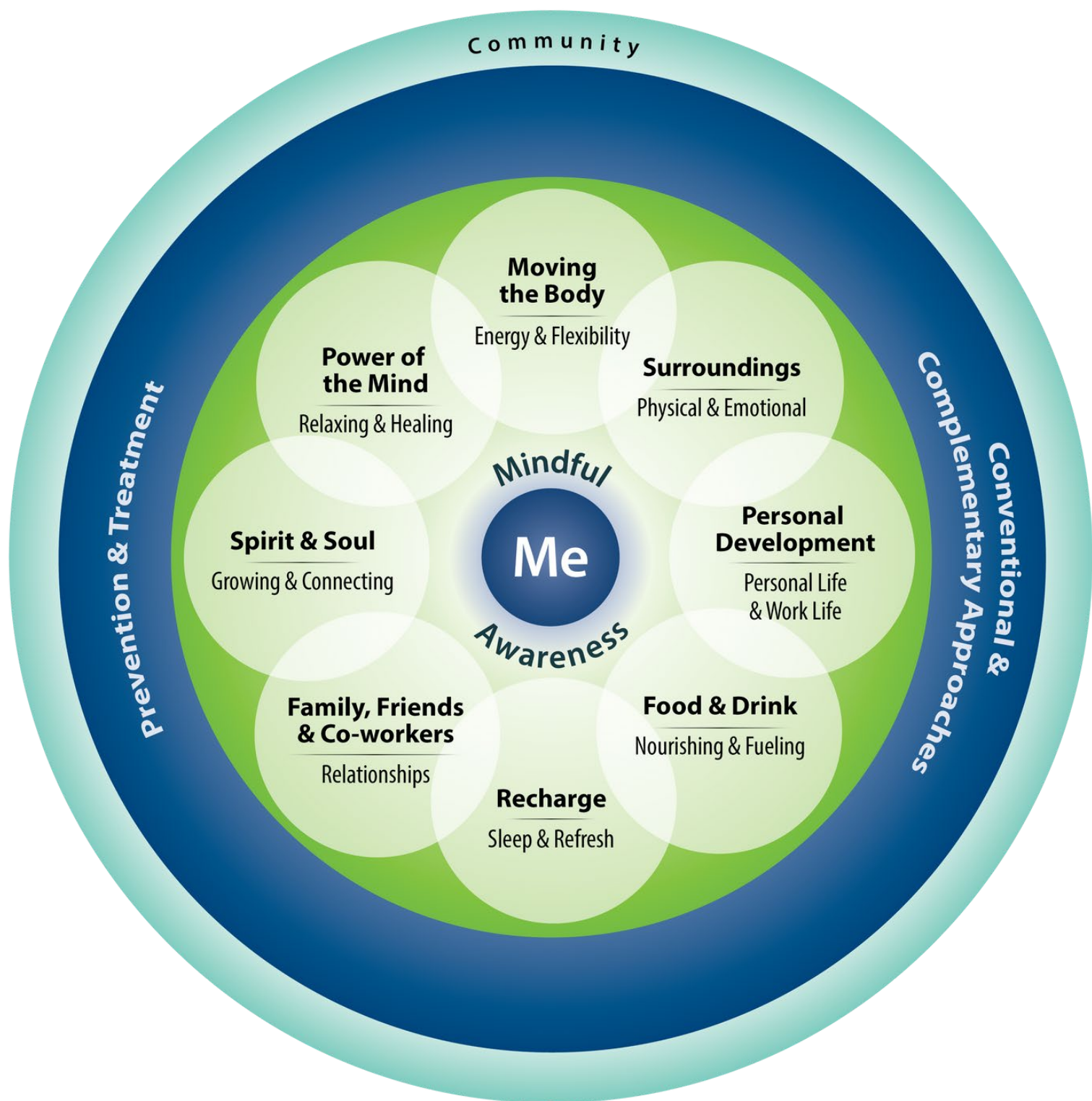
You are the expert on you! What really matters to you?

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

This is the starting place for all Veterans interested in Whole Health! It is a 1 hour class that explains the Whole Health Approach.

- Learn how to get connected to Whole Health Services
- Start exploring next steps on your health and wellness journey

After class you will be offered a session with a Whole Health Coach to get started on your personal health plan.

Registration: Class offered M-F. In-person and virtual options available. Call Whole Health to register.

Taking Charge of My Life and Health

This is a 6 session class exploring the 8 areas of self-care. You will:

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

It is a great next step following Introduction to Whole Health. All women Veteran groups are also available.

Registration: In-person and virtual options available. Call Whole Health to register.

Whole Health Coaching

Everyone receiving care at VA is invited to work one-on-one with a Whole Health Coach. Coaches will:

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

Registration: Call Whole Health to make an appointment with a Whole Health Coach at your preferred site of care.

To schedule an appointment please call the Whole Health Scheduling Line at 314-289-6583



Well-Being and Lifestyle



Personal Health Planning

Use your Personal Health Inventory to create your own custom health plan. Class meets for 2 weeks. **Completion of Taking Charge of My Life and Health is required to attend.**

Registration: Class meets in person at Jefferson Barracks. Call Whole Health to Register.

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
- Nutritional supplements
- Mindful eating
- Effect of food choices on mental well-being

Registration: Class offered monthly with both In-Person and virtual options. Call Whole Health to Register for a day and time that works for you. **You must take this class before more advanced nutrition classes** (Cooking Demo Class & Mindful Eating).

Lifestyle Medicine 101

Chronic illness can impact quality of life. Learn to use a healthy lifestyle to prevent and take control of chronic illness. Explore the basics of healthy lifestyle, learn about the 6 pillars of lifestyle medicine.

Registration: Class meets for 7 weeks virtually. Call Whole Health to register for a day and time that work for you.

Whole Health for Metabolic Health

Metabolic health focuses on wellbeing and preventing or reversing disease if possible. This physician led class addresses unhealthy weight, uncontrolled blood sugars, and inflammation.

Registration: Class meets for 6 weeks. Both virtual and in-person options available. Ask your primary care provider to get started.

To schedule an appointment please call the Whole Health Scheduling Line at 314-289-6583





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?

You will meet one-on-one with a Recreation Therapist. You discuss safety, movement, and activity level. You learn how to prepare for VA group classes in either a virtual or face to face setting. You can ask any questions you have. You and the therapist decide the best class for you to take first. You may also request an individual meeting at any time to improve your practice at home, to make a shared goal, or to review modifications.

Adaptive Yoga

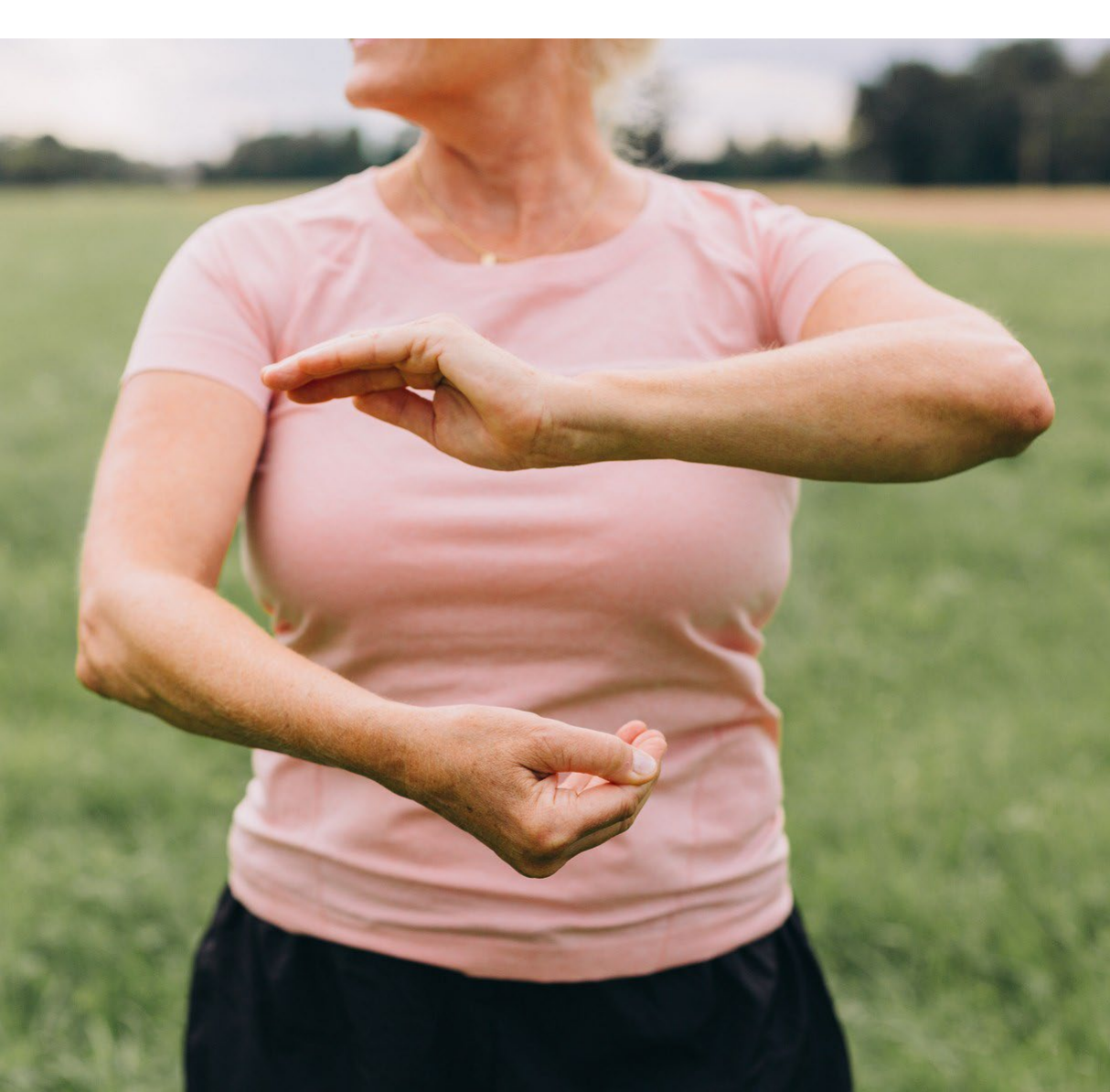
Yoga is a practice with three core parts:

- Physical postures
- Focused breathing
- Purposeful, mindful attention

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 are offered In-Person and Video Connect options.

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Tai Chi

How do I get Started?

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Tai Chi

Tai chi is an ancient Chinese mind body exercise. It is a series of slow gentle movements, relaxed breathing, and physical postures that help to connect mind and body. Tai Chi is called an internal martial art. Tai Chi 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 are offered In-Person and Video Connect options.

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HERE.
NOW.

Power of the Mind

iRest Guided Meditation

iRest is a meditation practice based in Yoga Nidra or sleep yoga. 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 virtually. Call Whole Health to Register.

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: This class meets virtually for 8 weeks. Please call Whole Health to Register. **This class is the starting point for more advance body-mind connection classes** (Mindfulness Based Stress Reduction & Hypnosis for Health Living)

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. Call Whole Health to Register.

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