

2026

# VA St. Louis Whole Health Catalogue



DISCOVER  
WHAT MATTERS

Live Whole Health.



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

[www.wellvets.com](http://www.wellvets.com)

# DISCOVER WHAT MATTERS TO YOU

## Choose VA for Whole Health



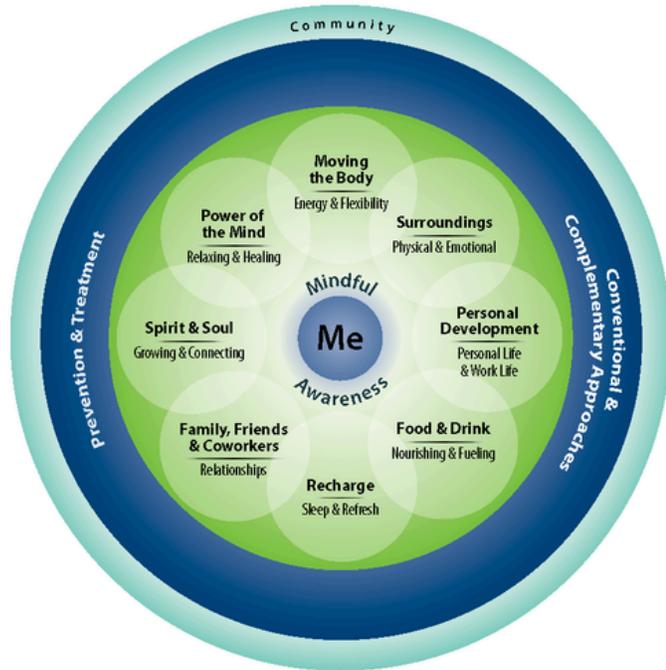
"Whole Health coaching put me on the track of my personal health and wellness plan...It really began with my primary care provider. **Whole Health is a great resource. It has the tools and the people.** Get connected today!"

-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.

**#LiveWholeHealth**

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



# 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 to support your health and well-being goals.

**90 minute class meets in-person or virtually through VA Video Connect (VVC).**

## 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.

**90 minute group meets for 6 weeks in-person or virtually through VVC.**



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# Health & Wellness Coaching

## Individual Coaching Sessions

**Work one-on-one with a Health and Wellness Coach to:**

- Explore what matters most in your life and health.
- Help you create a personalized health plan.
- Provide support, accountability and resources to help you make behavior changes based on your values.

**In-Person, Phone and VVC options available.**

## Group Coaching Sessions

### Building Connections Coaching Group

- Build and maintain healthy connections with your family, friends and co-workers.
- Set and meet your personal goals with Veteran support and accountability.

**90 minute in-person group meets weekly at Jefferson Barracks campus.**

### Health & Wellness Coaching Group

- Create and maintain healthy lifestyle goals through group coaching!
- Explore the 8 areas of self-care in the Circle of Health.
- Receive encouragement, accountability, and support from your fellow Veterans on a similar journey.

**90 minute virtual group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month through 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 the challenges to creating and maintaining these connections as adults.
- Learn how this area supports your Mission, Aspiration and Purpose (MAP) in a positive and productive way.

**90 minute in-person group meets for 8 weeks at Washington Avenue VA Clinic.**

## Smart Recovery Group

- Smart Recovery is a science-based, self-empowering, mutual support group focused on 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.

**60 minute virtual group meets for 8 weeks through VVC.**

## Virtual Drop-In Group for Veterans

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

**90 minute virtual group meets weekly through VVC.**

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# Well-Being and Self-Care



## Intro 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
  - Foods to improve mental health

**90 minute group meets in-person for 4 weeks at Jefferson Barracks Wellness Center or virtually through VVC.**

## Women's Only and Men's Only Retreats

A retreat-style space offered to women-only or men-only groups to share knowledge and practice self-care among their peers. **90 minute virtual group meets for 8 weeks through VVC.**

### Areas of Focus:

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

### Self-Care Experiences:

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



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# Well-Being and Self-Care



## Walking for Wellness Group

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

### Walking can help improve:

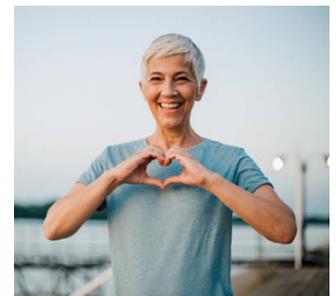
- Chronic pain
- Muscular strength
- Stress, anxiety and depression
- Connection with peers
- Overall well-being

**60 minute in-person group meets for 6 weeks at Jefferson Barracks campus.**

## The Art of Aging Well

What is normal aging? What is the difference between lifespan and healthspan? Learn all about lifestyle modifications for aging and practice self-care for aging well.

**120 minute in-person group meets for 12 weeks at  
Washington Avenue VA Clinic.**



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314-289-6583**

# Yoga

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



Yoga can be done seated, standing, or moving the whole body. Yoga is a low-moderate aerobic exercise, and can be adapted to meet your needs no matter your fitness level.

## 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 (virtual or in-person).

**60 minute intake group offered in-person at Jefferson Barracks Wellness Center and virtually through VVC.**



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314-289-6583**



# Tai Chi

A series of slow gentle movements, relaxed breathing, and physical postures that help to connect the mind and body.

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, and can help you improve:

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

## Getting Started with Tai Chi

Attend a Tai Chi intake group (virtual 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).

**60 minute intake group offered in-person at Jefferson Barracks Wellness Center and virtually through 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. Work with your breath, focus on your body, calm your mind, and increase mental flexibility.

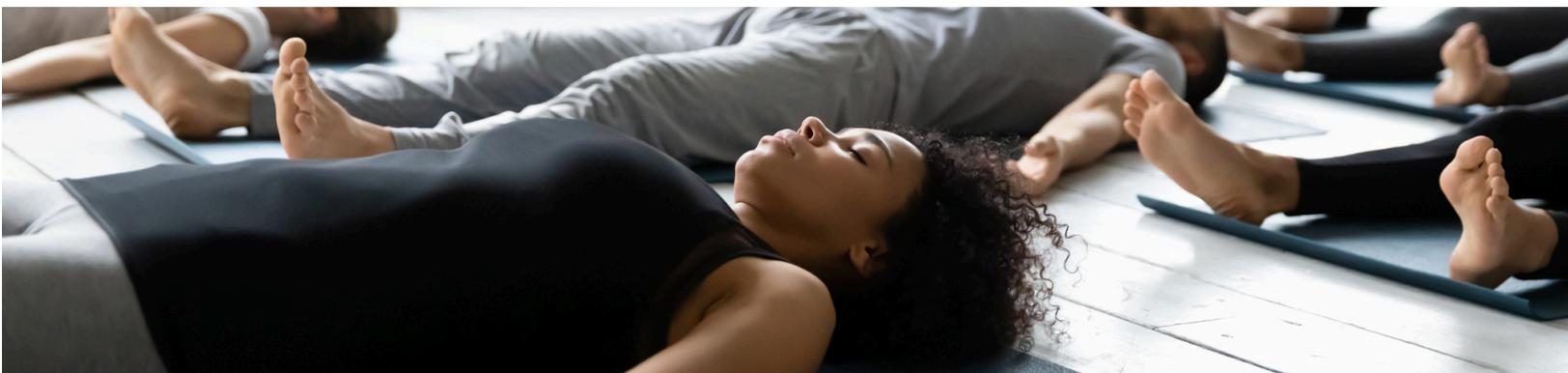
**90 minute virtual group meets for 8 weeks through VVC.**

## Guided Meditation

Known as Yoga Nidra and iRest, this type of yoga can be done seated, laying down, or moving. **Guided meditation can be helpful for:**

- Trouble sleeping
- Pain management
- Anxiety
- Stress Reduction
- Depression
- General well-being

**60 minute group meets in-person at Jefferson Barracks Wellness Center and virtually through VVC.**



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# Power of the Mind

## Guided Imagery

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

**60 minute group meets in-person at Jefferson Barracks Wellness Center and virtually through VVC.**

## Hypnosis Groups for Improved Well-being

Hypnosis is a tool that can be used to help you access your mental resources and align them to work for you. It integrates relaxation training, belief, and personalized suggestions to help you live more intentionally and with less internal conflict.

- Hypnosis can help with:**
- Stress
  - Worry
  - Loneliness
  - Impatience
  - Irritability
  - Pain (physical and emotional)

**Interested Veterans should call the scheduling number to ask about current Hypnosis groups being offered.**



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



# 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.

## Intro to Creative Arts

- Channel your emotions in healthy, creative ways with drawing, painting, print making, sculpting and more.
- This group focuses on personal development and connecting with joy through art.

**60 minute in-person group meets weekly at Jefferson Barracks campus.**

## Creative Expressions Through Clay

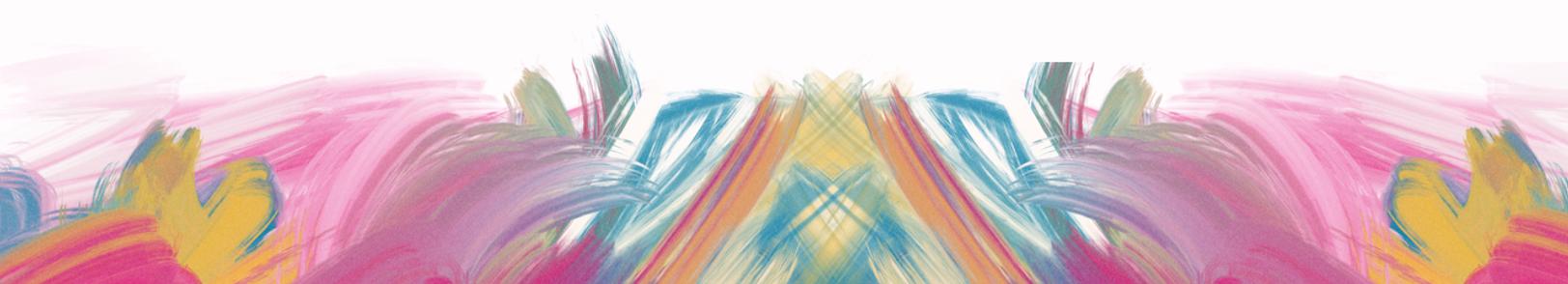
- Creative self-expression, and learn new art skills.
- Hand Build with clay: pinch, coil, slab techniques, fire and glaze.
- Gain support through peer connections.

**120 minute in-person group meets for 6 weeks at Jefferson Barracks Wellness Center.**

## Phototherapy

- Learn about aspects of photography and explore your artistic side.
- Topics include: history of photography, handling and use of camera components, practical techniques and application while connecting with fellow Veterans.

**120 minute in-person group meets for 6 weeks at Jefferson Barracks Wellness Center.**



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314-289-6583**

# Women Veteran Groups

## Women's Coaching Group

- Coaching group for Women Veterans that offers a supportive space to explore self-care and healthy lifestyle goals.
- Participants clarify their values, identify what matters most, and encourage each other in taking small steps towards better health and well-being.

**90 minute in-person group meets weekly at Jefferson Barracks campus.**

## Women's Only Retreat

A retreat-style space offered for women to share knowledge and practice self-care among their peers. **90 minute virtual group meets for 8 weeks through VVC.**

### 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



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314-289-6583**

# Battlefield Acupuncture (BFA)

A health and well-being tool used for acute and chronic pain management.



BFA is a type of acupuncture where your provider will place 5 needles on each ear to reduce pain. These needles stay in your ear for up to 3 days and will fall out on their own or need to be removed. Most Veterans have immediate pain relief which may last for several days.

**Call to schedule BFA appointments at the location nearest you:**

**Franklin County Outpatient Clinic**

1627 Roy Drive, Washington, MO  
314-286-6988

**Jefferson Barracks Wellness Center**

Building 1, 2<sup>nd</sup> floor, East Wing  
314-289-6583

**Manchester Avenue Outpatient Clinic**

4974 Manchester Avenue, St. Louis, MO  
314-652-4100 ext. 56566

**St. Charles County Outpatient Clinic**

2845 Veterans Memorial Parkway, St. Charles, MO  
314-286-6988

**St. Clair County Outpatient Clinic**

1190 Fortune Boulevard, Shiloh, IL  
314-286-6988

**St. Louis County Outpatient Clinic**

6854 Parker Road, Florissant, MO  
314-286-6988

**Washington Avenue VA Clinic**

2727 Washington Avenue, St. Louis, MO  
314-652-4100 ext. 57659

# 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 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](mailto:vhastlvolunteer@va.gov)

# VA St. Louis Health Care System Contact Information

## Main Locations



### **John J. Cochran Veterans Hospital**

915 North Grand Boulevard

St. Louis, MO 63106-1621

**Main phone: 314-652-4100**

Mental health care: 314-652-4100, ext. 66653

### **St. Louis VA Medical Center-Jefferson Barracks**

1 Jefferson Barracks Drive

St. Louis, MO 63125-4199

**Main phone: 314-652-4100**

Mental health care: 314-652-4100, ext. 66653



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
VA St. Louis Health Care System

**Live Whole Health.**

# VA St. Louis Outpatient Clinics

## **Franklin County VA Clinic**

1627 A Roy Drive

Washington, MO 63090-5008

**Main phone: 314-286-6988**

Mental health care: 314-652-4100  
ext. 66653

## **St. Charles County VA Clinic**

2845 Veterans Memorial Parkway

St. Charles, MO 63303-3526

**Main phone: 314-286-6988**

Mental health care: 314-652-4100  
ext. 66653

## **Manchester Avenue VA Clinic**

4974 Manchester Avenue

St. Louis, MO 63110-2010

**Main phone: 314-652-4100**

ext. 56566

## **St. Clair County VA Clinic**

1190 Fortune Boulevard

Shiloh, IL 62269

**Main phone: 314-286-6988**

Mental health care: 314-652-4100,  
ext. 66653

## **Women's Clinic**

John Cochran 1<sup>st</sup> floor

915 N. Grand Blvd.

St. Louis, MO 63106-1620

**Main phone: 314-652-4100**

ext. 51511

## **St. Louis County VA Clinic**

6854 Parker Road

Florissant, MO 63033-5313

**Main phone: 314-286-6988**

Mental health care: 314-652-4100  
ext. 66653

## **Scott Air Force Base VA Clinic**

**(need base access)**

310 West Losey Street

Scott Air Force Base, IL 62225-5250

**Main phone: 314-652-4100**

ext. 56408

## **Washington Avenue VA Clinic**

2727 Washington Avenue

St. Louis, MO 63103-1421

**Main phone: 314-652-4100**

ext. 57659

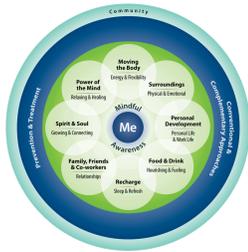


**U.S. Department of Veterans Affairs**

Veterans Health Administration  
VA St. Louis Health Care System

**Live Whole Health.**

## Whole Health Resources for Veterans

Resource	Website Address	QR Code
<p><b>Whole HealthInternetSite</b></p> 	<p><a href="http://www.va.gov/wholehealth/">www.va.gov/wholehealth/</a></p> <p>VA’s main site for all things Whole Health. Whole Health is VA’s approach to care that supports your health and well-being. Be sure to bookmark this site for future reference!</p>	
<p><b>#LiveWholeHealth – Self Care for Veterans</b></p> 	<p><a href="http://www.news.va.gov/category/livewholehealth">www.news.va.gov/category/livewholehealth</a></p> <p>VA’s ongoing self-care video series highlights Whole Health resources—such as video sessions for yoga or meditation—that you can follow along at home to live healthier and happier. New videos are published on a regular basis to this website.</p>	
<p><b>Circle of Health</b></p> 	<p><a href="http://www.va.gov/wholehealth/circle-of-health">www.va.gov/wholehealth/circle-of-health</a></p> <p>The Circle of Health illustrates big picture connections between your health and other aspects of your life. This site offers a wide range of helpful materials, organized by each Circle of Health component.</p>	
<p><b>Discover What Matters. Live Whole Health (1-minute Video)</b></p> 	<p><a href="http://www.youtube.com/watch?v=Rq1UcOPrT70">www.youtube.com/watch?v=Rq1UcOPrT70</a></p> <p>This video highlights how Whole Health puts Veterans at the center of their care; helping them make more informed decisions, adopt healthy behaviors, have positive healthcare encounters, and achieve better health outcomes.</p>	
<p><b>Veteran Whole Health Education Handouts</b></p> 	<p><a href="http://www.va.gov/wholehealth/veteran-handouts">www.va.gov/wholehealth/veteran-handouts</a></p> <p>Veteran Whole Health education handouts help to support the Whole Health journey. This site offers a wide range of helpful materials, organized around each component of self-care in the Circle of Health.</p>	

Resource	Website Address	QR Code
<b>Whole Health Videos</b> 	<a href="http://www.va.gov/wholehealth/video">www.va.gov/wholehealth/video</a>  Learn about the core concepts of Whole Health and each area of the Circle of Health.	
<b>Whole Health Mobile Apps and Online Tools</b> 	<a href="http://www.va.gov/wholehealth/veteran-resources/MobileApps-OnlineTools.asp">www.va.gov/wholehealth/veteran-resources/MobileApps-OnlineTools.asp</a>  Use these Web-based and mobile tools to support your Whole Health. The list includes resources developed within the VA as well as publicly available resources.	

### Other Important VA Links

Resource	Website Address	QR Code
<b>Veterans Health Library</b> 	<a href="http://www.veteranshealthlibrary.va.gov">www.veteranshealthlibrary.va.gov</a>  The Veterans Health Library (VHL), a trusted source of health information, includes written health sheets, videos, and interactive tools to help Veterans self- manage chronic conditions and support overall health and well-being.	
<b>Women Veterans Health Care</b> 	<a href="http://www.womenshealth.va.gov">www.womenshealth.va.gov</a>  Learn more about the changing face of women Veterans and what VA is doing to meet their health care needs.	
<b>VA Mental Health Care</b> 	<a href="http://www.mentalhealth.va.gov">www.mentalhealth.va.gov</a>  VA has resources to address the unique stressors and experiences that Veterans may face. We are just a click, call, text, or chat away. We're here to help no matter how big or small the problem may be.	
<b>Veterans Crisis Line</b> 	<a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>  The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. If you are in crisis and need to speak with a crisis responder, please call 988 then press 1.	