

Well Moms Group



Pregnant or postpartum Veteran? Find support and community!

Join our monthly moms group where fellow Veterans connect in a supportive and encouraging environment to:

- Discuss what matters most to you
- Share self-care and wellness practices
- Explore stress management tools
 - And much more!

3rd Wednesday of each month

2:00 p.m. – 3:30 p.m.

Jefferson Barracks Wellness Center, Building 1, 2nd floor.

Call Whole Health to schedule: 314-289-6583

For more information, please contact Jennifer Suther, LCSW at 314-652-4100 ext. 55625



U.S. Department of Veterans Affairs
Veterans Health Administration
VA St. Louis Health Care System



www.wellvets.com