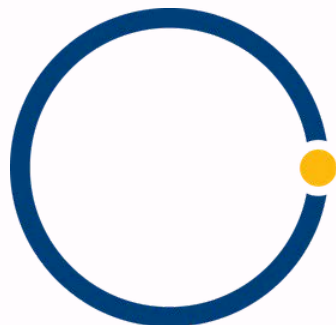


2026

VA St. Louis Whole Health Catalogue



DISCOVER
WHAT MATTERS
Live Whole Health.



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

www.wellvets.com

DISCOVER WHAT MATTERS TO YOU

Choose VA for Whole Health



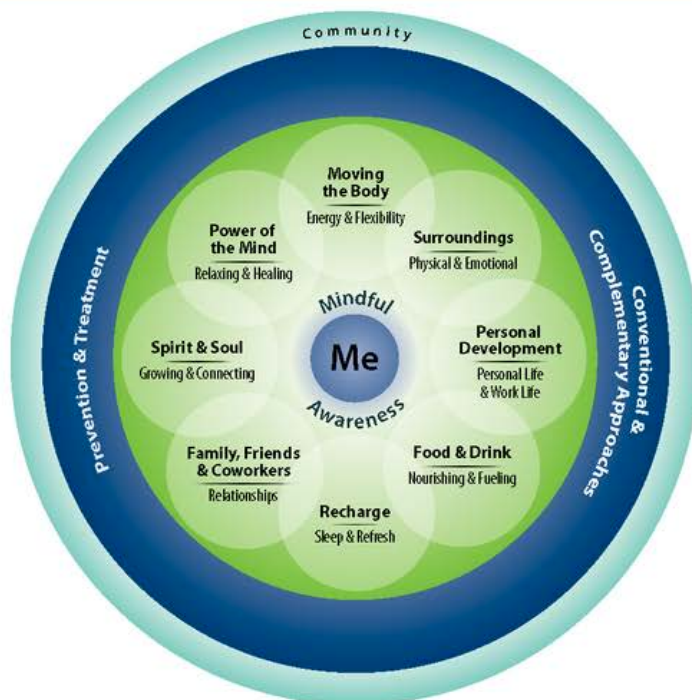
"Whole Health coaching put me on the track of my personal health and wellness plan...It really began with my primary care provider. **Whole Health is a great resource. It has the tools and the people.** Get connected today!"

-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

Explore the 8 areas of self-care with a health and wellness coach:
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.



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



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 to support those in mental health or substance use recovery.

90 minute virtual group meets weekly through VVC.

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



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 1st and 3rd Fridays of the month through VVC.

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

Food as Medicine



Intro to Food as Medicine Group

Optimize your health and well-being by exploring your food choices, habits and lifestyle. Each class offers a quick recipe demo to taste or a mindful eating practice to help you build a healthy relationship with food.

- Topics include:**
- Whole foods and benefits
 - 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.



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

Movement for Well-Being



Getting Started with Movement

Attend a 60 minute movement intake group (virtual or in-person) to learn more about the following Movement groups:

Walking for Wellness Group

Focus on your individual movement goals while gaining support and accountability from your peers.

Yoga

A mind-body practice of physical postures, focused breathing and mindful attention. Adapted to meet the needs of all fitness levels.

Tai Chi

A series of slow, gentle movements, relaxed breathing and physical postures that help connect the body and mind. Ideal for all ages and abilities.



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

Mental Well-Being for Improved Coping

Body-Mind Healing

Learn foundational tools to improve the body-mind connection, build confidence and increase your comfort with self-care. Explore body-mind approaches like biofeedback, hypnosis and mindfulness in this group.

90 minute group meets virtually for 8 weeks through VVC.

Guided Imagery

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

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

Guided Meditation

Known as Yoga Nidra, this type of yoga can be done seated, lying 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.



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

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 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

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, 2nd 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

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

Manchester Avenue VA Clinic

4974 Manchester Avenue
St. Louis, MO 63110-2010

Main phone: 314-652-4100

ext. 56566

Women's Clinic

John Cochran 1st floor
915 N. Grand Blvd.

St. Louis, MO 63106-1620

Main phone: 314-652-4100

ext. 51511

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

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

St. Clair County VA Clinic

1190 Fortune Boulevard
Shiloh, IL 62269

Main phone: 314-286-6988

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

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

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.