

VA Boston Whole Health for Veterans

857-203-4876

An approach to care that supports your health and well-being, centered around what matters to you.



Ompractice

Tai Chi, Yoga, Mindfulness & more. Free enrollment to all classes for VA Boston Veterans

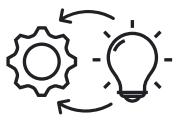
Go to <https://app.ompractice.com/veteransaffairs> or scan this QR code with your cellphone camera to register.



Introduction to Whole Health

Veteran employee led class to introduce Whole Health, learn about the Whole Health approach, consider areas of life that impact your health and learn about programs that might help.

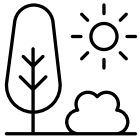
In-Person and VA Video Connect (VVC), 60 minutes



Taking Charge of My Life & Health

Multi-session group led by a Veteran employee. Veterans reflect on what matters, deeply explore areas of life where they could feel healthier, and receive support in achieving their health goals.

In-Person and VVC, multi-session



Guided Imagery

Veteran employee led group that provides focused relaxation using descriptions of sounds, experiences, or objects to calm your mind.

VVC, one-hour weekly



Whole Health in Action: Walking Group

Ongoing walking group with other Veterans who are motivated to improve their health through movement. Co-led by clinical staff and Veteran employees.

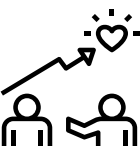
In-Person, JP/Lowell - additional campuses coming soon!



VA CALM Mindfulness Group

6-Week Mindfulness group that introduces a variety of practices shown to improve physical and mental well-being.

VVC



Health Coaching

Meet individually with a Veteran health coach to support you in setting goals, developing a plan and making lifestyle changes.

In-Person and VVC