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 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
Tuesdays at 11:00 and Thursdays at 3:00

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.
Contact Whole Health team for location and dates of walking groups

Whole Health in Action

Veteran-Facilitated Four-Week Group Program, Each four session group is Dedicated to a Different Aspect of Personal Well-Being. In Person

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