



## Whole Health/Health and Wellness Offerings

Please call the Healthy Living Team phone line for additional information unless otherwise noted.  
(215) 222-7483

Please note most groups will be available via phone and/or video only unless otherwise noted.

---

### Drop-in Groups: Veterans are welcome to call in anytime – no consults or referrals required

#### INTRODUCTION TO WHOLE HEALTH: *Every Monday at 1 pm & Thursday at 10 am (excluding federal holidays).*

- Single session drop-in group in which you will work with a coach to identify ways to connect your health to what matters most in your life. You will leave this group with a personal health plan and the option to participate in other opportunities to improve your self-care across 8 areas to positively impact your health.
- Connect to the group via **Webex phone line:**  
**Monday at 1 pm: 1 (404) 397-1596; access number: 199 709 2050 ##**  
**Thursday at 10 am: 1 (404) 397-1596; access number: 276 078 61512 ##**

#### GATEWAY TO HEALTHY LIVING: *Every Monday at 10 am (excluding federal holidays)*

- Single session drop-in group that helps you shape a personal goal into achievable actions to move forward with specific behavior change efforts or actions (e.g., lose weight, sleep better, quit smoking). Clinicians will also link you to a program(s) and provide support to help you achieve your SMART goal.
- Connect to the group **Webex phone line: 1 (404) 397-1596; access number: 199 949 0805 ##** or via video at <http://bit.ly/cmgateway> or use the QR code:



#### GUIDED IMAGERY: *Every Monday 8:30 am and Thursday at 12:00 pm.*

- 30 minute session that helps you use relaxing imagery to support better health and relaxation.
- Connect to the group via the following **Webex phone line: 1 (404) 397-1596; access number 199 946 5840 ##**

#### MILLENNIUM HEALTH AND FITNESS (VIRTUAL WELLNESS CLASSES)

- FREE, unlimited access to live, interactive virtual whole health classes including Barre, Beginner Yoga, Cardio Core, Meditation, Pilates, Power Yoga, Restorative Yoga, Tai Chi, Total Body Conditioning, Wounded Warrior Classes, Zumba and more!  
Register at: <https://www.millenniumhealthandfitness.com/visn-4-registration/>

---

Please call the Healthy Living Team (215-222-7483) for information on the following services unless otherwise noted

---

#### TAKING CHARGE OF MY LIFE AND HEALTH (TCMLH):

A group-based program to support Veterans in what matters most, builds an empowered approach to health and well-being, self-exploration, self-care, and goal creation around what matters to you

#### YOGA: \*Philadelphia in person class.

Beginner Yoga focused on developing mindfulness, breathwork, and safe alignment in foundational poses modified with individual needs.

#### VA CALM MINDFULNESS CLASS:

*Video and In person options*

Six week 90 minute class that guides participants in formal mindfulness practice and learning how to integrate mindfulness throughout the day.

#### STRESS MANAGEMENT CLASS: *Mondays 9 am.*

Seven week class that teaches ways to minimize the impact of daily stressors on your physical & emotional health.

---

Please call the Healthy Living Team (215-222-7483) for information on the following services unless otherwise noted

---

**SLEEP 101:** *2<sup>nd</sup> and 4<sup>th</sup> Thursday at 9 am via video*

Single session class providing education on sleep, common sleep problems, and tips for better sleep. Option to sign up for follow-up classes and individual services will be provided (Sleep Well Workshop for Insomnia and Creating Comfort with CPAP Class)

**READY, SET, QUIT: STOP SMOKING INTRO CLASS:**

*1<sup>st</sup> and 3<sup>rd</sup> Thursday at 9 am via video*

Single session class for those interested in quitting tobacco and staying quit. Receive resources and tips on quitting, along with a quit packet. Participants will learn about medication to help quit and stay quit along with the option to be prescribed this at the time of the class. Participants will learn about other available options to help quit including the Stop Smoking Class and individual sessions with a counselor.

**GRIEF GROUP:** *Wednesdays 1 pm.*

A six session group to improve coping with the loss of a loved with skills taught in an supportive environment.

**HEALTHY AGING CLASSES:** *Mondays 11 am.*

Ever wonder, "Is this a normal part of getting older? How can I still be healthy with all the changes in my body?" 4 sessions on topic including relaxation, healthy eating, memory and attention, and more!

**LIVING WELL WITH CANCER:** *Thursdays 11am.*

This six week group will help Veterans not just survive cancer, but also thrive with cancer. The group addresses physical and emotional changes, ways to increase communication with family and medical team, importance of increasing movement, as well as learning relaxation skills to assist with stress, anxiety, and pain.

**TINNITUS MANAGEMENT:** *Thursdays 1pm.*

A four session inter-disciplinary program designed to provide you with a variety of tools that can reduce the impact of tinnitus on daily functioning. Call 215-823-4008 to make an appointment for evaluation.

**MEN'S SEXUAL HEALTH AND WELLNESS CLASS:**

*Thursdays 12 pm.*

A four session class that focuses on biological, psychological, and social factors that can impact sexual functioning as well as an overview of treatments and interventions that can help to improve overall sexual wellness.

**FEMALE AMPUTEE SUPPORT GROUP:** *1<sup>st</sup> Friday 1 pm.*

Provides an opportunity for women who have amputations to connect and participate in a mindfulness experience, sharing of goals and successes, and presentation tailored to the needs of female amputees. Contact Tim Llewellyn (267) 916-1849

**HEART-HEALTHY NUTRITION:** *2<sup>nd</sup> Wednesday 2 pm.*

One hour review of a heart-healthy diet which is recommended to reduce unhealthy blood cholesterol levels, manage high blood pressure, and lower risk for heart disease. Contact Nava Teger (215) 823-5800 ext. 202025 for more information.

**WOMEN'S WELLNESS/DIABETES PREVENTION PROGRAM:** *Mondays 11 am.*

This eight week program provides an opportunity for women who are in the pre-diabetic range (A1c = 5.7-6.4) to focus on ways to improve self-care to prevent the development of diabetes.

**COPING WITH CHRONIC PAIN:**

Multiple programs are offered at various days and times to provide skills and support for managing chronic pain.

**MOVE! WEIGHT MANAGEMENT PROGRAM:**

Multiple programs that support Veterans in making changes in the three areas known to impact successful weight management – diet, physical activity, and mindset! Group and individual programs offered at various times and frequencies to fit your schedule. Contact Frank "Brian" Becraft (215) 823-5800 ext. 206649