

VA Finger Lakes Healthcare System- Whole Health Groups for Veterans

Veterans can always self-refer by calling Whole Health directly at

(585) 393-8583

VA Providers can also enter a Whole Health Evaluation Consult on the Veteran's behalf.

*Read the group titles and descriptions carefully to see if a group is virtual (online) or in-person.
Call us for specifics on location and start dates.*



Whole Health Orientation

Every 2nd and 4th Wednesday of the month at 1300, a 45-minute virtual group where the Whole Health cultural transformation at VA is discussed, and the list of groups below is summarized.



Acupressure for Self-Care

Led by Physical Therapist and Certified Yoga Teacher, Jennifer Strong, Acupressure for self-care will provide skills to implement self-acupressure to facilitate daily wellness, calm, spine health, pelvic health, and sleep, over an 8-week program.



Guided Imagery Group, 2 parts:

Part One: Scripts for Healing- Led by Creative Arts Therapist, Erin Schreiner, in this group, participants will experience a guided imagery script each week chosen to promote mind/body connection and healing for a variety of symptoms associated with chronic illness. Journaling and Self-Reflection are encouraged.

Part Two: Interactive Guided Imagery- Led by Creative Arts Therapist, Erin Schreiner, in this group participants will learn the structure of how to create their own scripts and use imagery that is unique to their own healing journey. Veterans can sign up to attend one or both parts. These are virtual groups.



Art Therapy Groups, 2 options:

~Virtual Open Studio Led by Creative Arts Therapist, Erin Schreiner. This group is a drop-in group that focuses on sharing creativity, building community, and emotional support. This is a non-structured approach to art therapy where veterans can bring their own ideas and inspire each other. Emphasis is on the creative process as a means for growth and healing.

~Art Therapy (in-person) Led by Creative Arts Therapist, Erin Schreiner. In-person Art Therapy groups are structured groups that focus on specific topics such as mindfulness, self-care, and self-expression. Emphasis is on the creative process as a means for growth and healing.



Heart Math

Led by Social Worker and Whole Health Coach, Vic Bridges, Heart Math is a biofeedback modality that helps you increase renewing emotions and gain internal composure. A group for real people, in real time, under real stress.



Mindfulness and Meditation

Led by Neuropsychology Technician, Leslie Charles, Experience and develop the skills of Mindfulness and Meditation. When we meditate, reflect and share our experiences with one another, we tap into collective wisdom that is crucial for transformation. Empower and equip yourself to meet life's challenges by being part of this community. This class is ongoing, and participants are invited to participate on a drop-in basis.



Yoga and Adaptive Yoga (combined group)

Led by Certified Yoga Teachers, a hybrid in-person and virtual yoga group that runs 12 weeks at a time. Poses are demonstrated in both the seated forms that have been adapted for ease and the traditional standing versions.

Yoga's group focus is on building a strong foundational knowledge of the basic yoga poses and flows as well as improving physical endurance and emotional resilience



Prenatal and Postpartum Yoga

Led by Physical Therapist and Certified Yoga Teacher, Jennifer Strong, this group focuses on building a strong foundation. Gentle stretching with a focus on safety for the expecting or new mother.



Tai Chi & Qi Gong, 2 options:

~**Tai Chi** is Led by Solon Bennett (Shapiro), Exercise Physiologist, this Virtual Tai Chi group runs 12 weeks at a time. Tai Chi follows a progressive set of lessons, it is recommended that you attend all 12 weeks to fully learn the routine.

~**Qi Gong** is a drop-in group which includes education on the flow of energy through the body and methods of connecting to this process. Qi Gong is a bit simpler to follow for a beginner, and each session stands alone.



Whole Health Coaching, 2 options:

~**Coaching** is an opportunity for any Veteran to work one-on-one with a certified Whole Health coach to further pursue their health goals. Coaching is offered via Video Appointment or Phone.

~**Coaching for those with chronic pain**, in this option, Certified Whole Health Coach, Tina Notebaert will work with the Veteran individually to provide education on the cycle of chronic pain, and offer opportunities to change how pain is perceived and experienced. Addressing emotional aspects of pain and routines as recognized components of long term physical pain is a key part of this process.



Therapeutic Horticulture

Veterans can participate in a wide variety of in-person and virtual workshops and classes. Offerings are provided through three avenues: Cornell University Small Farms Program, The EquiCenter Farm in Mendon, and VA Staff with horticulture experience.



Taking Charge of My Health and Life and Skill Building Groups

A twice a week commitment, Tuesdays follow the Taking Charge curriculum to empower and equip Veterans to author a personal health plan with specific short- and long-term goals.

Thursdays are skill building sessions where skills related to self-care, establishing routines, and living a balanced life are discussed.

Other Complimentary/Integrative Offerings at VA and how to access

Chiropractic Care- available when appropriate with a consult entered by Veteran's Primary Care Provider

Acupuncture for chronic pain- available when appropriate through Chiropractic clinic, with a consult entered by the Veteran's Primary Care Provider.

Memory and Aging Program- an education and intervention program for older adults, usually 60+, who are experiencing normal age-related memory changes or Mild Cognitive Impairment. Not intended for dementia. call Leslie Charles, Neuropsychology Technician at (585) 463-2707

Pelvic Floor Rehab Groups: for Healthy Bladder and Bowel Groups or Yoga for Low Back and Pelvic Health, call Jennifer Strong, Doctor of Physical Therapy at (585) 260-5245

Tobacco Cessation Group: Tobacco Cessation group includes five sessions that focus on Cognitive, Medication and Hypnosis Strategies to quit tobacco. To schedule an intake appointment by phone or Video Connect, contact: Vic Bridges, Clinical Social Worker, at (585) 469-9447