Virtual Wellness Offerings

James J. Peters VA Medical Center has many ways that you can maintain resilience & wellness while staying safely at home.

Relaxation, Working the Body, Food & Drink, & more
*Click on the purple text to visit the links*

**Overall Wellness**

Follow our Resilience & Wellness YouTube channel and Instagram account with videos to support your health and well-being. *Videos for Exercise, cooking, meditation, music, and more provided by the staff of the Bronx VA!*

- **YouTube:** Resilience & Wellness Resources
- **Instagram:** Resilience & Wellness

**Whole Health Coaching**

- Individual telehealth coaching that focuses on setting goals that are based off of what matters most to the Veteran
- Contact Lauren.byma@va.gov to learn more and enroll

**Relaxing**

**Veterans Relaxation Call**

- A 20-minute period to pause, reflect, and learn holistic coping tools. Guided imagery, mindful awareness, deep breathing, and other exercises chosen specifically for Veterans will be offered.
- Email Lauren.byma@va.gov for questions
- Time: Monday-Friday, 10:00am-10:20am
- Join by Phone: 844-376-0278, Access Code: 361534540#

**HeartMath**

- [HeartMath](#): Learn to manage emotions, build resilience and improve performance, mental focus and decision-making in this class. The tools taught in H.E.A.R.T. have proven to be effective in helping individuals manage many challenges of transition as well as issues such as poor sleep

**Supportive Apps**

- [VA Mindfulness Coach](#)
- [Insight Timer](#)
- [Headspace](#)

**Healing Music For Vets**

- Music Therapy group offered by the Institute for Music & Neurologic Function
- Thursdays from 1:30-3pm
- Participate via Zoom Video calls, email ctomaino@wartburg.org for invitation link.
Moving the Body

Yoga for Veterans Video Series


Tai Chi Fundamentals

- [Tai Chi Fundamentals](#) is a Series of Experiential and Informative Videos that share the basic moves involved in Tai Chi. The Basic Moves train your posture, balance and coordination for a participant who uses a medical walker or walking aid.

Food & Drink

Individual Nutrition Counseling

- Offered online through a Registered Dietician at the Bronx VA
- Contact Crystal Cascio to schedule: (646) 823-2945

Intuitive Eating Class for Female Veterans

- A non-diet approach that places your personal needs, preferences, and innate hunger and fullness cues at the forefront.
- Thursdays from 9am-10:30am; to register, contact Crystal Cascio: (646) 823-2945

MOVE! Program for weight loss

- Telehealth groups (Mondays at 10am & Wednesdays at 2pm) and individual sessions for weight loss
- Contact Heather Perillo to participate (718) 584-900 x5010 or heather.perillo@va.gov

Entertainment - Things to Make You Smile

- [Lincoln Center Concerts](#)
- [15 Broadway Musicals to Stream](#)
- [Read a Great Book or eBook](#)
- [Museums, Concerts, & Plays](#)
- [National Park tours, webcams, and galleries](#)
- [Relieve Anxiety Through Art](#)
- [Daily Live Performances for Seniors](#)