

**St. Louis VA Medical Center - Spinal Cord Injury Service
VA Heartland Network (VISN 15)**

Wellness Groups

Wellness groups educational seminars that provide educational enrichment for patients, their families, caregivers, partners, and significant others and offer information relating to spinal cord injury (SCI) or dysfunction. They are scheduled several times a year and meet every Tuesday, Wednesday and Thursday over 8 weeks.

The facilitators of each group are experts in their respective fields and have many years of experience to share with you. Facilitators represent several disciplines: social workers, rehab therapists, psychologists, nursing, nutritionists, MDs, and others.

Topics covered include anatomy of the spinal cord and nervous system, skin, bowel and bladder care, sexual health, diet, stress management, wheelchairs (including cushions and transfers), assistive technology such as computers, community support, attendant care, financial issues, adjustment to injury or illness and spirituality.

We encourage everyone to attend groups because we feel you are never too old or injured too long to learn something new.

**Please contact us with your questions or concerns at
314-652-4100 or 800-228-5459
Angela Cass-Prost, PsyD, ext 4827**