



THE LIVING WELL CENTER — PILOT PROGRAM

About the Center

Many factors impact your overall wellbeing. It is important to address all of the conditions that may be impacting your recovery, such as sleep, pain, nutrition, and inability to exercise. The Living Well Center provides an innovative and interdisciplinary approach to your care by bringing together experts from multiple health care disciplines to assist you in meeting your individualized health needs and wellness goals.

Personalized Wellness Program

Your wellness program will be designed based on your individual risk assessment coordinated by the Center Medical Director, a Physical Medicine and Rehabilitation Physician with expertise in musculoskeletal health and its link to your general health. The Center Medical Director will coordinate with other specialists to ensure that you get the services that you need and that your care regimen is effective.

Based on your risk assessment, your program may include treatment from two or more of the following medical disciplines:

- **Acupuncture**
- **Aerobic training**
- **Biopsychosocial risk management**
- **Manual medicine**
- **Medical massage**
- **Nutritional counseling**
- **Physical therapy**
- **Smoking cessation**

Engaged participants can expect to see health improvements within 90-120 days, which may include less pain and improved physical ability in addition to weight loss and lower blood sugar and blood pressure.



Newly Opened

The Living Well Center is newly established and recruiting for participants interested in an innovative model of care.

Schedule an Appointment

Our coordinator will provide individualized scheduling for all of your appointments related to the Center. To schedule an initial appointment, please call Kathy O'Neal at **(314) 514-3565**.

Office Location

Participants should be willing to consistently attend sessions at our clinic located on the Barnes-Jewish West County Hospital Campus, in Medical Office Building 969. Free onsite parking is available.

**969 N. Mason Road, Suite 100
St. Louis, MO 63141**



Barnes-Jewish West County Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-440-8487 (TTY: 1-800-735-2966).

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