Living Well Center

Your health is important. From sleep and nutrition to exercise and mental health, many factors can impact your overall wellbeing. At the Living Well Center, we bring together healthcare experts to help you meet your personal health and wellness goals.

The Center programs can help you:

- Improve your health for surgery.
- Target and treat specific condition if you are not a candidate for surgery.
- Enhance quality of life during and after cancer treatment.
- Optimize your health to meet a specific goal, such as healthy living after having a baby or training for an athletic event.

No Two Programs Alike

Your personal wellness program is designed based on your detailed assessment and evaluation. Your care team includes physicians, therapists and dietitians — expertise in musculoskeletal health and its link to general health. During your program, your care is coordinated to ensure you get the services you need for a successful program regimen.

Your program may include:

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

See the Results

Engaged participants can expect to see health improvements within 90-120 days. Results may include less pain, improved strength and stamina, weight loss, controlled diabetes and/or lower blood pressure.

Take the First Step

Find out how the Living Well Center can help you. Schedule your consultation today:  (314) 514-3565

Office Location

Washington University Living Well Center
Barnes-Jewish West County Hospital
Medical Office Building 4
1044 North Mason Road, Suite 210
Creve Coeur, MO 63141
Free onsite parking available