



CALIFORNIA SCHOOLS VEBA

VEBA RESOURCE CENTER

Stress Reduction, Nutrition & Cooking, Movement, Education

The VEBA Resource Center provides support and encouragement without judgement.

WELCOME!

The VEBA Resource Center offers a variety of resources to help support and encourage your journey to a healthier and happier life.

Your journey starts with the help of a registered nurse, focused on a holistic approach, who will be your Care Navigator. Together, you will create a personalized well-being plan that includes the resources described below, as well as referrals to other services and personal follow-up to keep you on track.

STRESS REDUCTION

Stress is dangerous to your health and well-being. The VEBA Resource Center offers a variety of services to help you reduce the stress in your life, now and in the future. They include acupuncture, mindfulness, meditation, counseling and self-advocacy. Enjoy our beautiful and calming treatment rooms to get the most out of each visit.

NUTRITION & COOKING

You are what you eat, that's why a healthy diet is key to your good physical and mental health. The VEBA Resource Center offers hands-on cooking classes, nutrition counseling and healthy recipes. Our modern kitchen inspires even the most inexperienced cooks!

MOVEMENT

Exercise is proven to enhance the mind-body connection. The VEBA Resource Center offers a variety of fitness programs to fit your style. From yoga and circuit exercise to strength training and more, we'll help you get moving in our brand new and fully-equipped gym that includes a shower and changing room.

EDUCATION

Learning how to care for your mind and body helps you make better choices for a healthy and happy life. The VEBA Resource Center offers a wide array of educational classes intended to address everyday problems and determine a call to action.

*Please note that all visits to the VEBA Resource Center are strictly confidential.

VEBA RESOURCE CENTER

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