



MOVE!
Weight Management Group Education Classes
Veteran Information Sheet

- WHO:** Veterans with a Body Mass Index (BMI) greater than 25. A Guest of the Veteran is welcome.
- WHAT:** Weight Management Basics and Orientation to MOVE! Program.
- WHEN:** The 2nd Thursday and 3rd Friday of each month (1:00-2:00pm).

CLASS DESCRIPTION:

MOVE is a comprehensive weight management program for veterans. The program is designed to help veterans make positive lifestyle changes to take control of their weight. We help the veteran develop life-long healthy eating habits and behaviors to maintain their weight loss. Veterans will learn how nutrition, physical activity and behavioral changes all work together to help them control their weight.

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:

Yes

WHERE:

Patient Education Room #1-2315 (Main Building)
Available via Clinical Video Telehealth (CVT) for all Community Based Outpatient Clinics (CBOCs).

WILL VETERAN GET TRAVEL PAY?

Yes – if eligible

HOW CAN A VETERAN JOIN THIS CLASS?

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.