



“The fruits of my labor have resulted in a loss of over 50 pounds & 10 inches off my waist. I am glad to say I am not on any medications since I started the program” - **Boyd H.**

After completing the program, **Michael Z.** is off medications for diabetes and cholesterol as a result of losing 100 pounds.

“The staff taught me how to balance my meals, limit my calories, substitute sugar and salt with healthy alternatives, and how important exercise really is.”
- **Charles W.**

“The best part of losing the weight is being able to do things I had given up on. I couldn’t hunt or fish prior to the weight loss, now I can. I am ecstatic about that.” plan to keep the weight off by continuing to use the skills I learned in the MOVE program which gave me the skills I needed to change my life.” **Kevin T.**

Healthy Living Matters. Prevention Works.



Aleda E Lutz VA Medical Center offers many nutrition classes and services to help you meet your personal health goals.

Attend the Mission Nutrition class to get started!

***Classes are available at:
Aleda E Lutz VAMC Main Campus
&***

***Community Based Outpatient Clinic (CBOC)
Locations:
Grayling, Gaylord, Cheboygan, Oscoda, Alpena,
Bad Axe, Clare, Cadillac, & Traverse City***



To Schedule today please call
the MOVE! team at
989-497-2500
Extension 13534 or 13855

MISSION NUTRITION INFORMATIONAL CLASS:

When: 2nd Thurs & 3rd Friday of every month from 1:00-2:00 pm

Where: Main Campus & CBOC's

Learn about our weight management program options:

- ♦ group education and exercise classes
- ♦ body composition analysis
- ♦ tailored exercise plans
- ♦ personalized individual health coaching

Whole Health & Nutrition

Whole Health recognizes you as a whole person beyond your illnesses, injuries, or disabilities. Optimize your well-being with a focus on what matters to **YOU!** If you are interested in learning how you can improve your Whole Health experience please attend an informational class.

Call the Whole Health Team at extension 13003 or 13313 to pre-register for the class to learn the dates and times.



Continue your MISSION toward better NUTRITION!

Weight Management Class

Learn about making healthier lifestyle choices and meal planning.

- Main Campus & CBOC's
- Tuesday 1:30-3:00 pm (8 week series)

Be Active and MOVE!

Aerobic group exercise using TheraBand and resistance training.

- Main Campus & CBOC's
- Tuesday, 3:00-4:00 pm (8 week series)

Diabetes Group Classes

Learn self-management skills to improve blood sugars.

- Main Campus & CBOC's
- 1st & 2nd Monday of each month, 10:30am -12:00 pm

Menu Planning Class

Learn how to prepare healthy & delicious meals to nourish your mind and fuel your body! Pre-registration is required.

Food for Thought-monthly class:

- Main Campus & CBOC's (except Cadillac and Grayling)
- 4th Monday of the month: 10:30am-11:30 am

Healthy Teaching Kitchen hands-on Cooking Classes.:

- Main Campus location only.
- Wednesday 2:00-3:30pm select dates available

Personalized Health Coaching

Available face to face, CBOC's, and by telephone:

- Individual appointments with a MOVE! Dietitian
- Individual appointments with a Physical Activity Specialist
- DEXA Scan/Body analysis (Saginaw location only)