August

2020

MOVE! Weight Management Program for Veterans

NEW! Virtual MOVE! and Whole Health classes.

Starting the week of August 3rd-September 4th

	Morning	Afternoon
Monday	8:30 am: MOVE Support Group 10:00 am: MOVE Support Group & Tai Chi	3:00 pm: Exercise Class
Tuesday	9:00 am: Chair Yoga 10:00 am: Mental Health Topic	1:00 pm: Exercise Class 1:30 pm: MOVE Group Class (8 week series) 3:00 pm: Be Active Exercise Class (8 week series)
Wednesday	8:30 am: Exercise Class 11:00 am: Women's MOVE Support Group	1:00 pm: MOVE Support Group 2:00 pm: Whole Health and You/ Deeper Dive 3:00 pm: Exercise Class
Thursday	9:00 am: Chair Yoga 10:00 am: Exercise Class 11:00 am: Healthy Teaching Kitchen	1:00 pm: Tai Chi
Friday	10:00 am: Exercise Class	1:00 pm: Chair Yoga 3:00 pm: Exercise Class
Saturday	FREE DAY--NO CLASS	
Sunday	11:00 am: Chaplain Service	

You will need high speed internet and a device with a camera (smart phone, tablet, laptop, or computer). Please log in 10 minutes prior to class start time. These MOVE! and Whole Health support groups will provide you with additional encouragement, support, motivation, and educational information to help you continue to reach your health goals during this unique time!

To join the classes please call the MOVE! Team at: 1-800-406-5143 extension 13534 (Becky), 13847 (Erin), or 13846 (Sonya) and leave a message with your last name, last 4, email address, and which classes you'd like to attend!