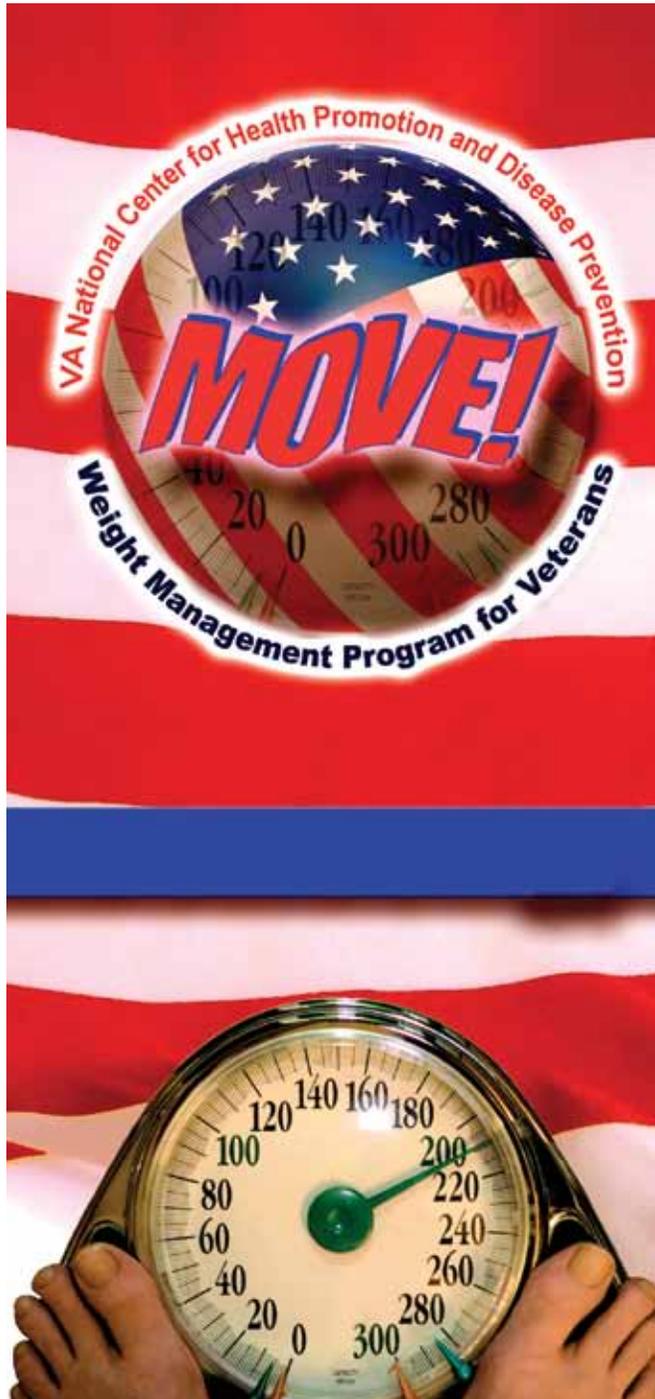


Veterans Health Notes



MOVE!

So, you want to lose weight?

MOVE! was created just for you...

The VA understands that veterans come from all walks of life. That is why our **MOVE!** weight management program is designed with options.

*No co-pay required for **MOVE!** classes!*

If you have any questions about the **MOVE!** program, talk to your Primary Care Dietitian.

MOVE! Enrollment

There are two ways to register:

1. Attend MOVE! Orientation Class

4th Tuesday of Month, 1-2:30 p.m.

Building 70, Room D-21 (Patient Education Classroom)

or

2. Complete the MOVE!23 questionnaire online.

- Call to schedule your first MOVE! appointment at 414-384-2000 (or toll free at 1-888-469-6614), ext. 47387.
- Go to www.move.va.gov and click on the **MOVE!23** box. Then select the **MOVE!23** on the next page.
- When you “end” the questionnaire, go to your individualized patient profile for results. Print it out or write down your retrieval code number and bring it to your first MOVE! appointment.

MOVE! Group Classes

Only 4 weeks long

Classes begin the first week of every month

- 1. Medical** – introduction to losing weight.
- 2. Nutrition** – set your calorie needs, keep a food log and make lower calorie choices.
- 3. Behavior** – overcome self-defeating habits.
- 4. Activity** – get moving and track your progress.



www.move.va.gov

When: Thursdays 1:00 to 2:00 p.m.

Where: Building 70, Room D-21 (Patient Education Classroom)

MOVE!ing Forward Group Classes

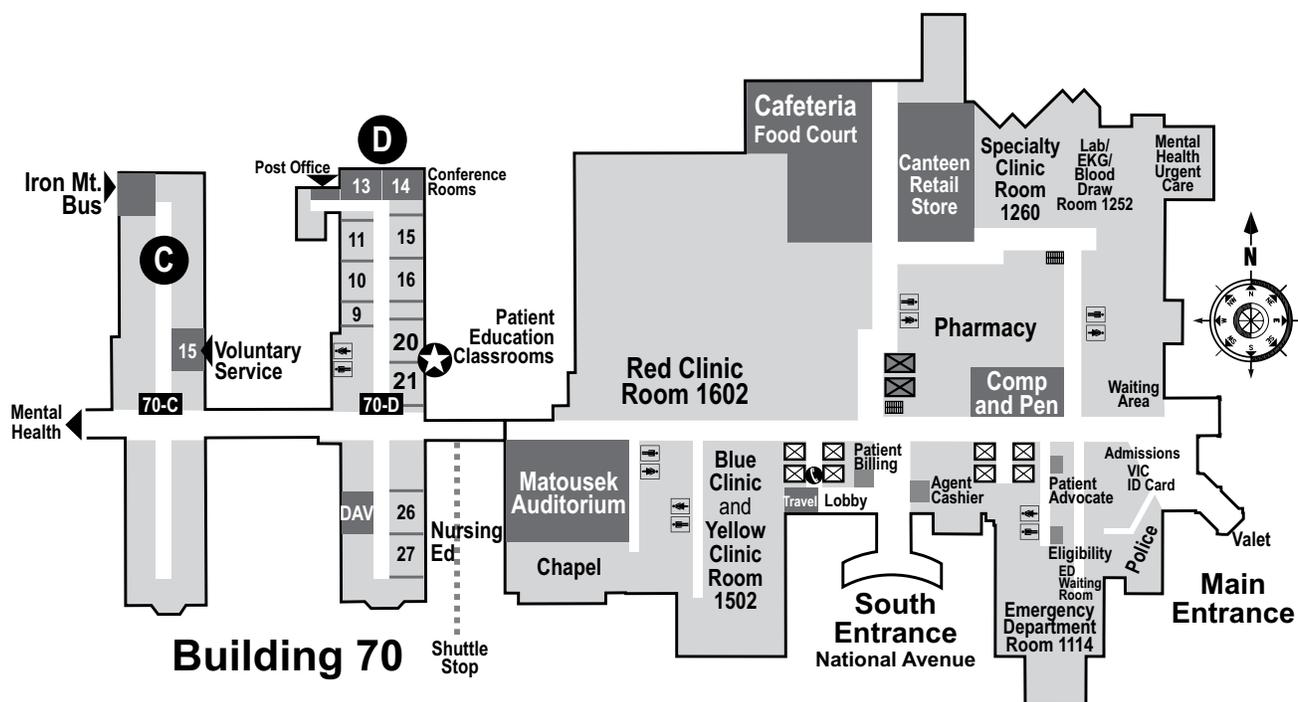
Ongoing follow-up class – by referral only

No appointment needed

When: Mondays 12:00 to 1:00 p.m.

Where: Building 70, Room D-21 (Patient Education Classroom)

If you are unable to attend these group classes, ask your dietitian about our other options



**Main Hospital - First Floor
Building 111**

**Call your clinic to schedule either the introductory MOVE!
class or dietitian appointment.**

414 384-2000 or toll free (888) 469-6614

Blue	ext. 42680
Gold	ext. 47201
Red	ext. 47177
Yellow	ext. 47300

