

# MOVE! Weight Management Program for Veterans

MOVE! is available at your local VA outpatient clinic. There are many options for participation in MOVE!:

**MOVE! Group Sessions:** a 12 week class series (attend one class per week about 60 minutes each. These are available at the VA outpatient clinics). MOVE! classes can also be attended live by telephone.

## **MOVE! Class Schedule**

<b>Aberdeen, Sioux City, or by phone</b>	<b>12:00 pm Mondays</b>
<b>Watertown, Wagner, or by phone</b>	<b>10:00 am Wednesdays</b>
<b>Spirit Lake or by phone</b>	<b>12:00 pm Fridays</b>

**MOVE! Support Group Sessions:** A monthly meeting held on the second Wednesday of each month from 12:00-12:30 pm. This is a follow-up meeting for people who have completed the 12- week class series.

**MOVE! Individualized Specialty Counseling** This option is available if you would prefer to work with the Dietitian one-on-one for an individualized program. This involves an initial appointment to make your personal weight management plan and follow up appointments as needed per Veteran request.

**TeleMOVE! :** Involves a home messaging device for participation in MOVE! from home (requires a landline). A digital scale is provided for regular weigh-in from home.

For more information or to enroll in MOVE!, please call 1-800-316-8387 ext 7087.

