

**Important!**

## Winter MOVE! Schedule for Weight Management Group Visits 2012-2013 Hillsboro Group

We meet 3 times a month!

If you have questions about the MOVE! Program, you can contact us at (503) 220-3482.  
<http://www.portland.va.gov/MOVE/>  
1925 Amberglen Parkway, 3rd Floor  
Hillsboro, OR 97006

Class Date	Class Title	Description	Tuesday	Notes
<b><u>December</u></b> <b><u>2012</u></b> Tu 12/4	<b>Introduction to the Benefits of Exercise</b>	Physical Activity	1:15pm to 3pm <b>Conference Room</b>	
Tu 12/11	<b>Getting and Staying Motivated</b>	Behavior	1:15pm to 3pm <b>Conference Room</b>	
Tu 12/18	<b>What is in your food?</b>	Nutrition	1:15pm to 3pm <b>Conference Room</b>	
<b><u>January</u></b> <b><u>2013</u></b> Tu 1/8	<b>Trim the Fat</b>	Nutrition	1:15pm to 3pm <b>Conference Room</b>	
Tu 1/15	<b>Handling and Reducing Stress</b>	Behavior	1:15pm to 3pm <b>Conference Room</b>	
Tu 1/22	<b>Strength, Balance and Flexibility</b>	Physical Activity	1:15pm to 3pm <b>Conference Room</b>	
<b><u>February</u></b> <b><u>2013</u></b> Tu 2/5	<b>Sweets, Snacks and Hydration</b>	Nutrition	1:15pm to 3pm <b>Conference Room</b>	
Tu 2/13	<b>Self-Control and Impulse Control</b>	Behavior	1:15pm to 3pm <b>Conference Room</b>	
Tu 2/19	<b>Wild Card</b>	Top Secret	1:15pm to 3pm <b>Conference Room</b>	