

**Important!**

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

We meet 3 times a month!

If you have questions about the MOVE! Program, you can contact us at (503) 220-3482.

91400 Rilea, Neacoxie St. Building 7315

Camp Rilea Military Reservation

Warrenton, OR

<http://www.portland.va.gov/MOVE/>

Class Date	Class Title	Description	Thursday	Notes
<b><u>December 2012</u></b> Th 12/6	<b>Introduction to the Benefits of Exercise</b>	Physical Activity	9:30am to 11:30am <b>Conference Room</b>	
Th 12/13	<b>Getting and Staying Motivated</b>	Behavior	9:30am to 11:30am <b>Conference Room</b>	
Th 12/20	<b>What is in your food?</b>	Nutrition	9:30am to 11:30am <b>Conference Room</b>	
<b><u>Jan 2013</u></b> Th 1/10	<b>Trim the Fat</b>	Nutrition	9:30am to 11:30am <b>Conference Room</b>	
Th 1/17	<b>Handling and Reducing Stress</b>	Behavior	9:30am to 11:30am <b>Conference Room</b>	
Th 1/24	<b>Strength, Balance and Flexibility</b>	Physical Activity	9:30am to 11:30am <b>Conference Room</b>	
<b><u>Feb 2013</u></b> Th 2/7	<b>Sweets, Snacks and Hydration</b>	Nutrition	9:30am to 11:30am <b>Conference Room</b>	
Th 2/14	<b>Self-Control and Impulse Control</b>	Behavior	9:30am to 11:30am <b>Conference Room</b>	
Th 2/21	<b>Wild Card</b>	Top Secret	9:30am to 11:30am <b>Conference Room</b>	