

**Important!**

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

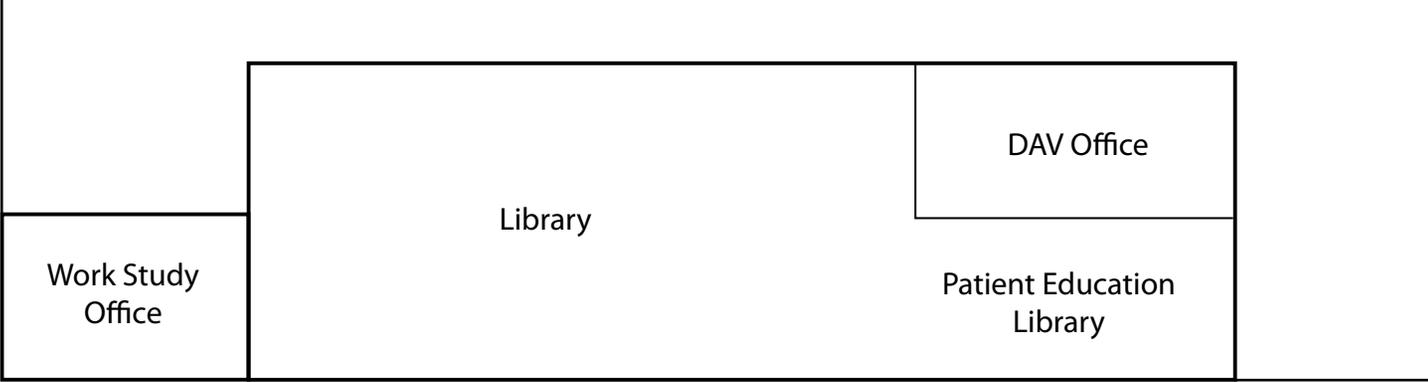
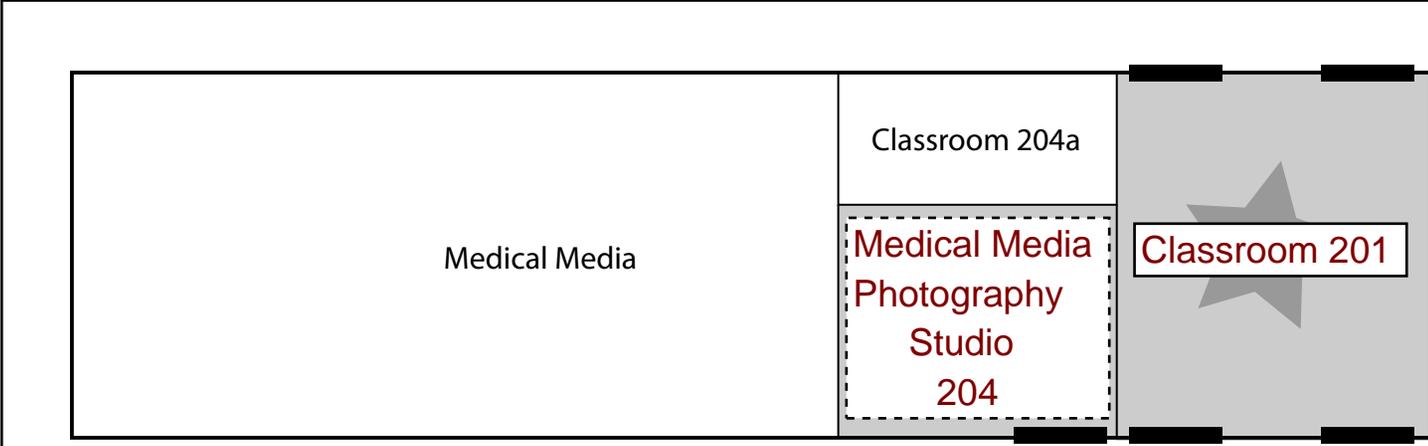
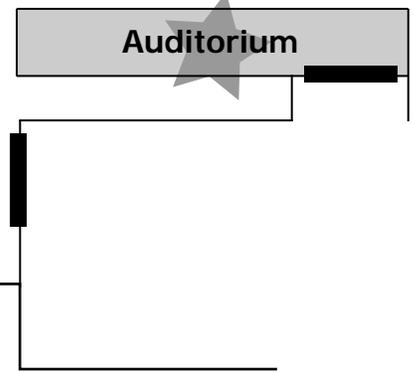
We meet 3 times a month!

If you have questions about the MOVE! Program, you can contact us at (503) 220-3482.  
<http://www.portland.va.gov/MOVE/>

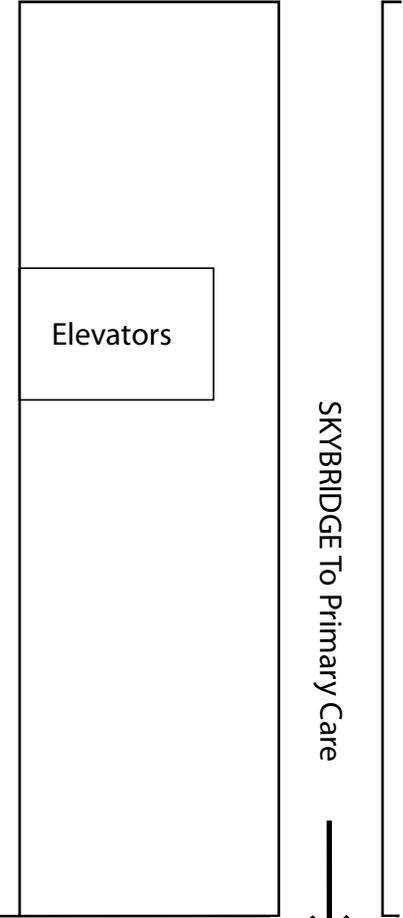
| Class Date   | Class Title                                     | Description       | Tuesday                         | Thursday                            |
|--|---|-------------------|---------------------------------|-------------------------------------|
| <b><u>December 2012</u></b><br>Tu 12/4 or<br>Th 12/6 | <b>Introduction to the Benefits of Exercise</b> | Physical Activity | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| Tu 12/11 or<br>Th 12/13                              | <b>Getting and Staying Motivated</b>            | Behavior          | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| Tu 12/18 or<br>Th 12/20                              | <b>What is in your food?</b>                    | Nutrition         | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| <b><u>January 2013</u></b><br>Tu 1/8 or<br>Th 1/10   | <b>Trim the Fat</b>                             | Nutrition         | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| Tu 1/15 or<br>Th 1/17                                | <b>Handling and Reducing Stress</b>             | Behavior          | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| Tu 1/22 or<br>Th 1/24                                | <b>Strength, Balance and Flexibility</b>        | Physical Activity | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| <b><u>February 2013</u></b><br>Tu 2/5 or<br>Th 2/7   | <b>Sweets, Snacks and Hydration</b>             | Nutrition         | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| Tu 2/12 or<br>Th 2/14                                | <b>Self-Control and Impulse Control</b>         | Behavior          | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |
| Tu 2/19<br>2/21                                      | <b>Wild Card</b>                                | Top Secret        | 1:15pm to 3pm<br><b>101-201</b> | 9:30am to 11:30am<br><b>101-201</b> |



**Bldg 101/2nd floor**  
(attached to Bldg 100 on floors 1-3)



← From Bldg 101,  
Main Hospital



SKYBRIDGE To Primary Care

