

Important!

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

We meet 3 times a month!

If you have questions about the MOVE! Program, you can contact us at (503) 220-3482.
1660 OAK ST. SE, Salem 97301
<http://www.portland.va.gov/MOVE/>

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