

# Winter MOVE! Schedule for Weight Management Group Visits 2013 Vancouver

**Important!**

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	Location	Time
<u>Jan 2013</u> 1/4	Getting and Staying Motivated	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
1/11	What is in your food?	Nutrition	Building D7, Columbia Room	Friday: 1pm to 3pm
1/18	Introduction to Physical Activity and Exercise	Physical Activity	Building 15, 230A	Friday: 1pm to 3pm
<u>Feb 2013</u> 2/1	Trim the Fat	Nutrition	Building 15, 230A	Friday: 1pm to 3pm
2/8	Self-Control Impulse Control	Behavior	Building 15, 230A	Friday: 1pm to 3pm
2/15	Basic Principles of Stretching and Strengthening Exercise	Physical Activity	Building D7, Columbia Room	Friday: 1pm to 3pm
<u>March 2013</u> 3/1	Sweets and Snacks	Nutrition	Building 15, 230A	Friday: 1pm to 3pm
3/8	Handling and Reducing Stress	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
3/15	MOVE! Wild Card	Top Secret!	Building D7, Columbia Room	Friday: 1pm to 3pm