



# Look What's New in MOVE!<sup>®</sup> Women On Wednesdays

VA Portland now offers a Weight Management Program for woman-identified Veterans

**What is MOVE!<sup>®</sup>?** MOVE!<sup>®</sup> is a weight management, health promotion program designed to improve the lives of Veterans. MOVE!'s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science.

**Get Started:** Schedule a 90-minute Basics of Weight Management group telephone\* class that can help get you started in weight management. Veterans must complete this class prior to joining the MOVE!<sup>®</sup> Program.

**Next Steps:** Attend orientation, then join the 4-month MOVE!<sup>®</sup> Telephone\* group for Women on Wednesdays.

**(503) 220 - 3482**

**Contact:** MOVE!<sup>®</sup> Hotline above.

**MyHealtheVet:** MOVE\_Weight Management\_Portland\_HPDP

**MOVE!<sup>®</sup> Women Basics**

**When:** 2nd Wednesday of each month  
**Time:** 12:00 - 1:30 pm

**MOVE!<sup>®</sup> Women 4-Month Group**

**When:** every Wednesday  
**Time:** 4:00 -5:00 pm

Additional co-ed options available.

(\*Requires long-distance calls)