



NUTRITION SERVICES NORTHEAST VA Outpatient Clinic

Intro to Diabetes Meal Planning:

Meets monthly on the 4th Tuesday from 2-3 pm.

This is a 1 hour class for anyone with an elevated blood glucose, whether diabetes or not.

Find out about your glucose and A1C test results, goals and strategies to improve. Learn about carbohydrate sources as well as how much and when to eat in order to achieve glucose control.

Diabetes Basics Broadcast

Offered 2nd Monday of the month from 09:00AM – 12:00PM

and 4th Thursday of the month from 1:00PM – 4:00PM.

A multi-disciplinary and comprehensive diabetes education program

3 hour class



Heart Healthy Living Class:

Meets monthly on the 3rd Tuesday from 2-3 pm.

This is a 1 hour class for anyone with or at risk for heart disease and hypertension. Find out about your "lipid study" results (cholesterol, triglycerides, LDL and HDL) and learn how to eat healthier for your heart.

MOVE Weight Management Orientation

Meets monthly on the 2nd Tuesday from 2-3 pm.

Introduction to MOVE! weight management concepts, basic healthy eating skills and MOVE! program options discussed.



MOVE! Weight Management Series:

New groups begins July 14, 2016!

Meets on Thursdays from 9:30-10:30am

16-week weight management program that meets for 1 hour per week. General topics include nutrition, behavior modification and exercise.

INDIVIDUAL APPOINTMENTS

**The dietitian is available for face to face and phone appointments
Tuesday, Wednesday and Thursday each week.**

For more information, contact your PACT team 480-579-2201 or 480-579-2202.

You may contact the Dietitian Courtney Engle directly at 480-579-2242.

*** Standard co-pay charges do apply for veterans in enrollment priority group 7 & 8 for Non-MOVE individual and group appointments. Updated 5/18/2015