



***NUTRITION EDUCATION CLASSES**

Southeast VA Clinic

3285 South Val Vista Drive, Gilbert, AZ



ANTI-INFLAMMATORY DIET CLASS:

Learn how to eat for chronic pain and inflammation diseases.
Wednesdays at 3pm. Location: San Tan

DIABETES CLASS:

Learn healthy eating strategies for the prevention or management of diabetes.
Tuesdays at 9am, Wednesdays at 12pm, or Thursdays at 2pm. Location: San Tan.
Also offered in the evening...at 5pm...on the 4th Thursday of every month.

DIABETES BASICS

Learn about the diet and medications for diabetes. Taught by a pharmacist and dietitian.
3rd Tuesday of the month 9-11am. Location: San Tan conference room.

HEART CLASS:

Learn about the fat and sodium recommendations for heart health.
Tuesdays at 12pm, Wednesdays at 9am, or Thursdays at 11am. Location: San Tan.
Also offered in the evening...at 5pm...on the 2nd Thursday of every month.

MOVE! ORIENTATION CLASS for Weight Management:

Learn weight management skills and about all the weight management programs at the VA.
Mondays at 2pm or Fridays at 1pm. Location: San Tan conference room.

MOVE! WEEKLY CLASS for Weight Management:

Learn tips for healthy eating, physical activity and behavior modification to manage your weight.
16-week program, Tuesdays 2-3pm, Thursdays 9-10am or Thursdays 5-6pm.
Location: 1st floor main conference room. Next NEW group starts in January 2017.

MOVE! SUPPORT GROUP for Weight Management:

Learn healthy eating tips to continue to manage weight after completing the MOVE classes.
Meets Wednesdays 8:15-9:00am (NO class on the 2nd Wednesday of each month)
Location: 1st floor main conference room

TeleMOVE! Weight Management Program:

Home based management program to learn tips for healthy eating to manage your weight.
Contact Sheila Woodroffe at 602-463-2410

For scheduling nutrition, call Adrianna Da Silva at 602-277-5551, extension 3754.

Southeast clinic dietitians: Kim Assaker 480-397-2871 and Helen Hatseras 480-825-7231

Consults are not required for nutrition, however appointments are necessary.

Same day appointments are possible; however please call ahead to ensure availability.

***Standard co-pay charges do apply for veterans in enrollment priority group 7 & 8 for Non-MOVE appointments.**
8/19/16