



# **NUTRITION EDUCATION CLASSES**

## **Thunderbird VA Outpatient Clinic**

### **MOVE Weight Management Orientation:**

Meets monthly on the 2<sup>nd</sup> Tuesday from 2:00-3:00 PM and 4<sup>th</sup> Wednesday from 10:00-11:00 AM.  
*Introduction to MOVE! weight ,management concepts, basic healthy eating skills and MOVE! program options discussed.*

### **MOVE! Weight Management Series: New groups begin in January and July**

Meets weekly on Thursdays from 9:30-10:30 AM.  
*16-week weight management program that meets for 1 hour per week. General topics include nutrition, behavior modification and exercise.*

### **MOVE! Weight Management MINI Series: New groups begin in May and November**

Meets weekly on Thursdays from 9:30-10:30 AM.  
*6-week weight management program that meets for 1 hour per week. General topics include nutrition, behavior modification and exercise.*

### **MOVE! Monthly Support Group:**

Meets the 2<sup>nd</sup> Thursday of each month from 12:00-1:00 PM.  
*Veterans get together to share experiences. \*It is preferred that Veteran completes MOVE weekly program first.*

### **Heart Healthy Living Class:**

Meets monthly on the 1<sup>st</sup> Wednesday from 12:00-1:00 PM and 3<sup>rd</sup> Tuesday from 2:00-3:00 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.*

### **Diabetes Meal Planning:**

Meets monthly on the 2<sup>nd</sup> Wednesday from 12:00-1:00 PM and the 4<sup>th</sup> Tuesday from 2:00-3:00 PM  
*This is a 1 hour class for anyone with an elevated blood glucose, whether diabetic 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 Self-Care Orientation Class:**

Offered twice a month starting in May: 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month from 2:00- 3:00 PM  
*This class includes an overview of diabetes self-management and goal setting.*

### **Healthy Kitchen Program: Space is LIMITED! Please call dietitian for scheduling.**

Meets weekly on Fridays from 10:00-11:30 AM. There are 12 classes.  
*Learn healthy cooking while preparing dishes with other veterans.*

**Individual (in-person and telephone) appointments are available Monday – Friday. To schedule an appointment please contact Adrianna Da Silva at 602-277-5551, extension 3754.**

### **Thunderbird Clinic Dietitian: Lexie Reed; 602-633-6980**

**\*\*\* Standard co-pay charges do apply for veterans in enrollment priority group 7 & 8 for Non-MOVE individual and group appointments. Updated 9/8/16**