MOVE Program Monthly Class Schedule and Descriptions

Mondays

Monterey	Tai Chi	11:15 a.m. – 12:15 p.m.	No scheduling needed, held in Monterey room D107
ALL/PAD	Yoga	3 p.m. – 4 p.m.	To enroll, call Louise at (650) 849-0407 or Danae/Linda at (650) 493-5000 ext. 62355

Tuesday

Palo Alto	Swim/Land Class	10 a.m. –11:45 a.m.	Call (650) 493-5000, ext. 66777
San Jose Clinic	Healthy Living Class	10:30 a.m. – 11:30 a.m.	To enroll, call 1-800-455-0057 and register for "MOVE-Group (SJC)" Class is held at 10:00 a.m. on the 4th Tuesday of the month.
San Jose Clinic	Tai Chi	11:30 a.m. -12:30 p.m.	No scheduling needed, held in San Jose room F100
Palo Alto	Tai Chi	12 p.m. – 12:45 p.m.	Call Dr. Furst at (650) 493-5000, ext. 68652.
ALL/PAD	Women's Yoga	2 p.m. -3 p.m.	To enroll, call Louise at (650) 849-0407 or Danae/Linda at (650) 493-5000 ext. 62355

Wednesdays

Palo Alto	Yoga	11 a.m. – 12 p.m.	To enroll, call Louise at (650) 849-0407 or Danae/Linda at (650) 493-5000 ext. 62355
ALL	MOVE Intro	2:30 p.m. – 3:30 p.m.	Call (855) 632-8262. Ask to be scheduled into the "MOVE-Intro" class. Occurs on the 1st and 3rd Wednesday of the month.
Menlo Park	Yoga	7 a.m.– 8 a.m.	To enroll, call Louise at (650) 849-0407 or Danae/Linda at (650) 493-5000 ext. 62355

Thursday

Palo Alto	Swim/Land Class	11 a.m.-12 p.m.	Call (650) 493-5000, ext. 66777
Palo Alto	Yoga	10 a.m. – 11 a.m.	To enroll, call Louise at (650) 849-0407 or Danae/Linda at (650) 493-5000 ext. 62355
ALL	Be Active/MOVE-PT	11 a.m.-12 p.m.	Call (855) 632-8262. Ask to be scheduled into the "MOVE-PT-Telehealth Group"

Fridays

ALL/PAD	Yoga	10 a.m. – 11 a.m.	To enroll, call Louise at (650) 849-0407 or Danae/Linda at (650) 493-5000 ext. 62355
Monterey	Tai Chi	12 p.m.– 1:15 p.m.	No scheduling needed, held in Monterey room D107
Palo Alto	Yoga-Women	12:15 p.m.– 1:15 p.m.	To enroll, call Louise at (650) 849-0407 or Danae/Linda at (650) 493-5000 ext. 62355
ALL/PAD	Diabetes	1:30 p.m.–3 p.m.	To enroll, call (650) 493-5000 ext. 69273 (PAD). This class is held the 1st and 3rd Friday of every month.

PAO GR00026• Recycle after 12-1-2016

MOVE Program Monthly Class Schedule and Descriptions

MOVE Intro	Introduction to the program, introduction to developing lifestyle goals. Meet some of the MOVE coaches. New participants to the MOVE Program are highly encouraged to take this one-time class. Offered the 1st and 3rd Wednesday of the month.
Be Active/MOVE-PT	8-week course on being physically active. Each class builds on the last so you must take them in order. Wear comfortable clothes and walking shoes. Class start dates for 2016 are: Jan 7, March 3, April 28, June 23, August 25, October 20th
Swim/Land Class	On dry land and in the pool! A 12-week course in Palo Alto covering nutrition and behavior change on Tuesdays. Swim exercise is on Tu and Th. Medical clearance required, please call for more information.
Healthy Living Class	Ongoing support class covering for new and continuing MOVE! participants. Covers a variety of topics including: nutrition, exercise, and behavior changes for weight loss and maintenance. Only in San Jose at this time.
Yoga	There are a variety of yoga classes for Veterans. See the online schedule at: http://www.warrelatedillness.va.gov/warrelatedillness/clinical/integrative-health/ca
Tai Chi	Tai Chi is a meditative and fluid-movement exercise. It can help with balance, strength, and flexibility. Offered in Monterey, San Jose, and Palo Alto.
Pre and Post Bariatric Support Call	This is a peer-to-peer support call for MOVE Time patients who have had or will have bariatric surgery. 2016 Dates: Jan 27, Feb 24, Mar 30, April 27, May 25, June 29, July 27, August 31, September 28, October 26, November 16, December 14 from 5:30 p.m. – 6:30 p.m. Please RSVP with Cindy Bourdon (650) 493-5000 ext. 69326
Bariatric Surgery Information Class	Quarterly seminar presented by program experts from the MOVE TIME Interdisciplinary Team providing information on weight loss treatments, including both medical and surgical approaches. Next seminars: January 11, April 18, July 18, October 17. Call Nina Bellatorre for more information (650) 493-5000 ext. 66127 (PAD) or (650) 849-0561
Healthy Eating Class	Dietitian lead class to review healthy nutrition choices. Offered at most clinic locations: Livermore on Mondays at 10:30, Stockton on Monday and Tuesday at 10 am , Modesto and Sonora on Friday at 10 am, San Jose on Monday at 1030am and 1 pm, Monterrey on Thursday at 11 am, and Palo Alto on Monday at 10 am (Jan 25, Feb 29, March 21, April 25, May 16). To enroll, call 1-800-455-0057 and register for "Nutrition-Education" class closest to you.
Diabetes Class	Two part series for veteran with a new diagnosis or those needing a refresher. The first class covers the basics of diabetes, the second class covers nutrition and medications.

Please verify with listed contacts for class cancellations during the weeks of: MLK Day, Presidents Day, and Independence Day, as well as other holidays.

This calendar is updated throughout the year. For the most current information, call your Healthy Living Coach, or call the MOVE Hotline at (650) 493-5000 ext. 66777. If you would rather not listen to the entire message, press #, then leave a message with your last name, last 4 of your SS#, and a request to receive an updated calendar or a phone call from your coach regarding any updates to the schedule of classes. Please speak loud and clearly when leaving a message.