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News Release

FOR IMMEDIATE RELEASE

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VA Black Hills Health Care System Offers Evening MOVE! Classes for Veterans

The Department of Veterans Affairs (VA) Black Hills Health Care System will begin offering evening Managing Overweight/Obese Veterans Everywhere (MOVE!) classes every Wednesday evening starting November 4 for enrolled Veterans.

The evening MOVE! sessions will be held every Wednesday evening from 5:30pm-6:00pm at the Rapid City VA Clinic, 3625 5th Street in Rapid City.

The MOVE! program is a national VA program that was implemented at VA Black Hills Health Care System in 2006. Features of the MOVE! program are to emphasize health and well-being, not appearance, set achievable goals, approach weight management with nutrition, behavior and physical components, focus on lifestyle changes rather than dieting and allowing the individual Veteran to determine the intensity of the program.

The evening classes will allow Veterans who work fulltime during the day to become involved in the program. For more information or to enroll in the MOVE! program contact Casey Thompson, RD, LN, VA Black Hills MOVE! Dietitian at 800-743-1070, Ext. 7019.

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