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# News Release

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## **FOR IMMEDIATE RELEASE**

**December 29, 2009**

### **VA Black Hills Health Care System Hosts Weight Management Program Fair for Veterans**

The Department of Veterans Affairs (VA) Black Hills Health Care System will host two weight management program fairs for all enrolled Veterans. The fairs are offered by VA Black Hills Managing Overweight/Obese Veterans Everywhere (MOVE!) Program.

The MOVE! fairs will be held on January 20 at the Fort Meade VA Medical Center from 10:00am until 2:00pm in Bldg. 145, Room 108 and on January 21 at the Hot Springs VA Medical Center from 10:00am until 2:00pm in Primary Care, Room A002.

The MOVE! fairs will offer Veterans information on getting healthy, losing weight and staying motivated. There will also be an opportunity to taste and receive recipes on nutritional meals.

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.

For more information on the MOVE! Program or the upcoming fairs please contact Marni Whalen, MOVE! Program Coordinator at 800-764-5370, Ext. 92273.

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