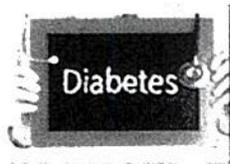


Veteran Education Classes



Diabetes Self-Management

This class will give you all the tools you need to manage your diabetes each day. Classes are a series of two all-day sessions. They are held two Mondays in a row. Take control of your health and call the Diabetes Self-management Clinic at (740) 773-1141, ext. 6511.



MOVE! /Weight Management

This program helps Veterans lose weight. Classes available in group sessions, individual consultation, TeleMOVE, telephone lifestyle coaching, grocery tours, Healthy Teaching Kitchen demonstrations and more. Classes include maintaining a healthy weight, fitness, diet and nutrition information. Call (740) 773-1141, ext. 6351 or the MOVE Coordinator at (740) 773-1141, ext. 6120.



Chronic Disease Self-Management Workshop

Healthy U is a six-week program. You will learn real-life skills for living a full, healthy life with an ongoing health condition. Family or friends may also attend. Veteran participants will receive a Chronic Disease Self-Management book and relaxation CD at no cost. Call (740) 773-1141, ext. 6024 to schedule a class.



Chronic Obstructive Pulmonary Disease (COPD)

COPD Classes

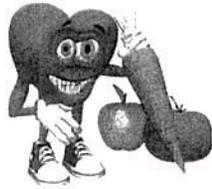
(Chronic Emphysema and Bronchitis)

- This is a one-time one hour class from 1-2 p.m.
- Classes are offered on the third Thursday each month
- Locations:
 - All CBOCs classes will be via V-Tel at your clinic location.
 - Chillicothe VA Medical Center classes; Will be held in the Primary Care Conference Room in building 31.

Call your team to schedule an appointment.

Questions? Call (740) 773-1141. ext. 6024

Veteran Education Classes



Healthy Hearts is a six-week program. Classes are two-hours every Monday. Anyone with risk factors for heart disease (such as diabetes or obesity) or who has heart disease (high blood pressure, stroke, cholesterol, heart attack, or heart surgery) is welcome to attend. A free water bottle, cookbook, workout and relaxation DVD are provided. Call (740) 773-1141, ext. 7730 to schedule a class.

Complimentary Alternative Medicine (CAM)

offers a variety of classes determined after a pre-assessment is done. A consult by your Primary Care Provider is required. Any Veteran may inquire about classes.

- **Tai Chi** - Chinese exercise and meditation for the body and mind
- **Yoga**- Practice of physical posture breathing awareness and guided meditation.
- **Mantram**- Involves attention to the present moment. It helps with relaxation, PTSD, anger, pain and more.
- **Aqua Therapy**- Uses buoyancy, warmth and water resistance to maximize benefits of water exercises.



Call (740) 773-1141, ext. 6330 or 5540



Congestive Heart Failure Classes

This is an outpatient class for anyone that has been hospitalized in the past with Congestive Heart Failure (CHF). This is a 30-minute individual education session and appointments are available from 1-4 p.m. every Wednesday in the Specialty Clinic. The classes teach how to self-manage CHF, medications, nutrition, home monitoring, and essential information on CHF. Call (740) 773-1141, ext. 7901.



Tobacco Treatment Classes

The single most important thing you can do to improve your health and protect the health of others in the household is to quit smoking. For more information on quitting or taking a class, call (740) 773-1141, ext. 6804. Please call (740) 773-1141, ext. 1601 for classes in Portsmouth.

Veterans Health Library

Your source for health information

www.veteranshealthlibrary.org

