



VISIT www.MOVE.va.gov

Complete the MOVE!11 questionnaire online to get started.

Richmond MOVE! classes meet in room 1B-219 or 2L-153.

Mondays 10:00 AM– 11:00 AM (room 1B-219)

Tuesdays 8:00AM – 9:00 AM (room 2L-153)

Wednesdays 11:00 AM – 12:00 noon (room 1B-219)

Room 1B-219 is on the first floor across the hall from the Red Clinic.

Room 2L-153 is on the second floor near the Director's Offices.

FOR QUESTIONS: MONICA MALO, dietitian (804) 675-5000 EXT 3737

Charlottesville MOVE! classes meet in the conference room at the

Veterans Affairs Outpatient Clinic in Charlottesville

650 Peter Jefferson Place, Suite 160

804-675-5000 x7099 or 434-293-3890

Wednesdays 9:00AM – 10:00AM

Individual appointments available Wednesdays

Fredericksburg MOVE! classes meet in the classroom at the

Fredericksburg Veterans Clinic, 130 Executive Center Parkway

540-370-4468

Tuesdays 11AM – 12 noon

Emporia MOVE! classes meet in the conference room at the

Veterans Affairs Outpatient Clinic in Emporia

Tuesdays 11 AM – 12 noon

434-348-1055 Wendi Henderson x 1508 or Vonda Barnett x1513

Be Active and MOVE! class telebroadcast to all locations

Thursdays 3PM check your clinic for next session

TeleMOVE! classes at all outpatient clinics Tuesdays 11A

For more information call: 804-675-5519 (Ruth Meyer)