You would do ANYTHING for your children and grandchildren.

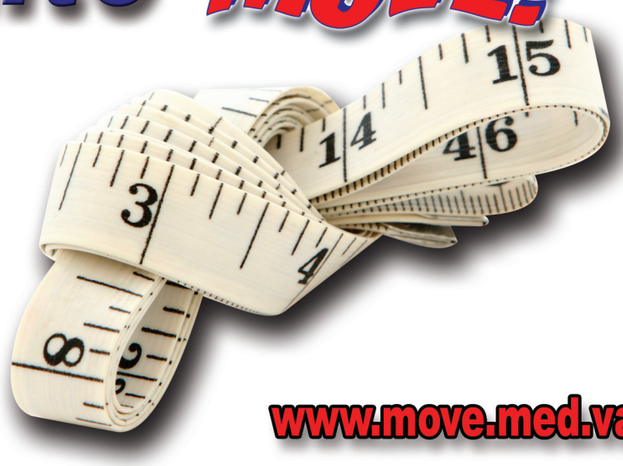
Lose weight, take care of your health, and live longer.

VA National Center for Health Promotion and Disease Prevention
MOVE!
Weight Management Program for Veterans

Ask your healthcare team how to Get into MOVE!

NCP
Office of Patient Care Services

Department of Veterans Affairs



www.move.med.va.gov