

VA Southern Nevada MOVE! Program Class Schedule:

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Medical Center	1030-1130 MOVE! ENR (1 st /3 rd Mon) 1030-1130 MOVE! LL (2 nd /4 th /5 th Mon) 1130-1200 MOVE! EXP (Vets working@VA) 1430-1530 MOVE! INT	1500-1600 KT MOVE! Exercise		1500-1600 KT MOVE! Exercise	900-1000 MOVE! ENR (2 nd /4 th Fri) 900-1000 MOVE! LL (1 st Fri) 1000-1100 MOVE! INT	900-1000 MOVE! ENR (2 nd /4 th Sat) 900-1000 MOVE! LL (1 st /3 rd /5 th Sat) 1000-1100 MOVE! INT 1300-1400 Women's MOVE INT
Northeast Clinic (Charleston)		900-1000 MOVE! ENR (2 nd Tues) 900-1000 MOVE! LL (1 st /3 rd /5 th Tues) 1030-1130 MOVE! INT			900-1000 MOVE! ENR (1 st Fri) 900-1000 MOVE! LL (2 nd Fri) 1000-1100 MOVE! INT	
Southeast Clinic (Boulder Hwy)	1030-1130 MOVE! ENR (1 st /3 rd Mon) 1030-1130 MOVE! LL (2 nd /4 th /5 th Mon) 1300-1400 MOVE! INT 1430-1530 MOVE! INT					
Southwest Clinic (Buffalo)			1130-1230 MOVE! INT 1400-1500 MOVE! INT	900-1000 MOVE! INT 1100-1200 MOVE! ENR (1 st Thurs) 1100-1200 MOVE! LL (2 nd /4 th /5 th Thurs) 1100-1200 BSG (3 rd Thurs)	1100-1200 MOVE! ENR (2 nd Fri) 1100-1200 MOVE! LL (1 st /3 rd /5 th Fri)	
Northwest Clinic (Rancho)		900-1000 MOVE! ENR (2 nd /4 th Tues) 900-1000 MOVE! LL (1 st /3 rd /5 th Tues) 1030-1130 MOVE! INT		930-1030 MOVE! INT 1100-1200 MOVE! ENR (1 st /3 rd Thurs) 1100-1200 MOVE! LL (2 nd /4 th /5 th Thurs)		
Laughlin / Pahrump / VRC	900-1000 MOVE! INT @VRC / PRRC		1400-1500 MOVE! INT @ LAU/PAH*			

** Class held over telehealth/VVC; DURING COVID: ALL MOVE! Classes are via VVC*

Class Descriptions

MOVE! ENROLLMENT (ENR) Class: Week one of the MOVE! program! This class provides an introduction and orientation to the MOVE! program along with the first week's curriculum. This is the entry point for the MOVE! program and is required for anyone new to MOVE! and those rejoining MOVE! after being away for more than one year. Enrollment classes are available at the medical center and all four primary care clinics.

You can enroll in the MOVE! ENROLLMENT class in any of the following ways:

- Contact the Call center at 702.791.9024 option #2
- Speak to one of our clerks (Medical Support Assistants) in person, at any clinic check-in desk
- Self-schedule using My HealthyeVet if you have a HealthyeVet Premium Account

KT MOVE! Exercise Class: 8-week physical activity class for those veterans in MOVE! who wish to start exercising again to improve their physical fitness. The class is led by a kinesiologist and introduces vets to a variety of exercises they can do at home. Requires and MD exercise clearance and a dietitian referral.

MOVE! Intensive (INT) Class: Weeks two through sixteen and the core component of the MOVE! program. This is a 15-week class series. The MOVE! ENR class must be completed prior to joining the MOVE! INT Class which requires a MOVE! dietitian referral.

Sessions include coaching and discussion about healthy eating, goal setting, physical activity, stress management, healthy sleep, or developing other healthy behaviors. MOVE! Intensive Classes are taught by a variety of health professionals including dietitians, pharmacists, psychologists, occupational therapists, social workers and kinesiologists, depending on location.

MOVE! LIFELONG (LL) Class: Monthly group for those who have completed the 16-week MOVE! program and are working to maintain their weight loss or continue to lose additional weight. Topics vary each month. This class requires a referral from a dietitian.

MOVE! Bariatric Surgery Support (BSG) Group: Monthly support group class those who are working to maintain their weight following bariatric surgery and for those are in the screening process to have bariatric surgery. Requires a referral from MOVE! dietitian.