



## Minneapolis VAHCS MOVE MH Program

# January 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
	2 <b>NO CLASS</b>	3	4 Support Group	5	6
	9 Class #3 Food Labels	10 MOVE MH Intro 10am 3D clinic	11 Support Group	12	13
	16 <b>NO CLASS</b>	17	18 Support Group	19	20
	23 Class #4 Mindfulness	24	25 Support Group	26	27
	30 Class #5 Dining Out				

# February 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
			1 Support Group	2	3
	6 Class #6 Exercise	7	8 Support Group	9	10
	13 Class #7 Motivation	14 MOVE MH Intro 10am 3D clinic	15 Support Group	16	17
	20 <b>NO CLASS</b>	21	22 Support Group	23	24
	27 Class #8 Healthy Cooking	28	29 Support Group		

Classes located in 1P-132 on Mon & Wed, and 3D on Tues  
Schedule subject to change  
Revised 09/17/12



## Minneapolis VAHCS MOVE MH Program

**March 2012**

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
				1	2
	5 Class #1 Intro/Food Log	6	7 Support Group	8	9
	12 Class #2 Portions	13 MOVE MH Intro 10am 3D clinic	14 Support Group	15	16
	19 Class #3 Food Labels	20	21 Support Group	22	23
	26 Class #4 Mindfulness	27	28 Support Group	29	30

**April 2012**

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
	2 Class #5 Dining Out	3	4 Support Group	5	6
	9 Class #6 Exercise	10 MOVE MH Intro 10am 3D clinic	11 Support Group	12	13
	16 Class #7 Motivation	17	18 Support Group	19	20
	23 Class #8 Healthy Cooking	24	25 Support Group	26	27
	30				

Classes located in 1P-132 on Mon & Wed, and 3D on Tues  
Schedule subject to change  
Revised 09/17/12



## Minneapolis VAHCS MOVE MH Program

May 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
		1	2 Support Group	3	4
	7	8 MOVE MH Intro 10am 3D clinic	9 Support Group	10	11
	14	15	16 Support Group	17	18
	21	22	23 Support Group	24	25
	28 NO CLASS	29	30 Support Group	31	

June 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
					1
	4	5	6 Support Group	7	8
	11	12 MOVE MH Intro 10am 3D clinic	13 Support Group	14	15
	18	19	20 Support Group	21	22
	25	26	27 Support Group	28	29

Classes located in 1P-132 on Mon & Wed, and 3D on Tues  
Schedule subject to change  
Revised 09/17/12



## Minneapolis VAHCS MOVE MH Program

July 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
	2 Class #1 Intro/Food Log	3	4 NO CLASS	5	6
	9 Class #2 Portions	10 MOVE MH Intro 10am 3D clinic	11 Support Group	12	13
	16 Class #3 Mindfulness	17	18 Support Group	19	20
	23 Class #4 Food Labels	24	25 Support Group	26	27
	30 Class #5 Dining Out	31			

August 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
			1 Support Group	2	3
	6 Class #6 Exercise	7	8 Support Group	9	10
	13 Class #7 Motivation	14 MOVE MH Intro 10am 3D clinic	15 Support Group	16	17
	20 Class #8 Healthy Cooking	21	22 Support Group	23	24
	27	28	29 Support Group	30	31

Classes located in 1P-132 on Mon & Wed, and 3D on Tues  
Schedule subject to change  
Revised 09/17/12



## Minneapolis VAHCS MOVE MH Program

September 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
	3 NO CLASS	4	5 Support Group	6	7
	10	11 MOVE MH Intro 10am 3D clinic	12 Support Group	13	14
	17	18	19 Support Group	20	21
	24	25	26 Support Group	27	28

October 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
	1	2	3 Support Group	4	5
	8 NO CLASS	9 MOVE MH Intro 10am 3D clinic	10 Support Group	11	12
	15	16	17 Support Group	18	19
	22	23	24 Support Group	25	26
	29	30	31 Support Group		

Classes located in 1P-132 on Mon & Wed, and 3D on Tues  
Schedule subject to change  
Revised 09/17/12



## Minneapolis VAHCS MOVE MH Program

# November 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
				1	2
	5 Class #1 Intro/Food Log	6	7 Support Group	8	9
	12 <b>NO CLASS</b>	13 MOVE MH Intro 10am 3D clinic	14 Support Group	15	16
	19 Class #2 Portions	20	21 Support Group	22 <b>NO CLASS</b>	23
	26 Class #3 Food Labels	27	28 Support Group	29	30

# December 2012

	Mon 1-2PM	Tues	Weds 1-2PM	Thurs	Fri
	3 Class #4 Mindfulness	4	5 Support Group	6	7
	10 Class #5 Dining Out	11 MOVE MH Intro 10am 3D clinic	12 Support Group	13	14
	17 Class #6 Exercise	18	19 Support Group	20	21
	24 <b>NO CLASS</b>	25 <b>NO CLASS</b>	26 Support Group	27	28
	31 Class #7 Motivation				

Classes located in 1P-132 on Mon & Wed, and 3D on Tues  
Schedule subject to change  
Revised 09/17/12