

## VA Butler also offers

**health and wellness programs  
for weight management  
and trusted health information ...**

**MOVE!**

**MOVE!** is a weight management program that features healthy lifestyle promotion. **MOVE!** is designed to assist Veterans with improving their health, losing weight and keeping it off through individual or group education sessions. The **MOVE!** program combines nutritional and behavioral health counseling with exercise, ongoing support and tips for staying active and eating healthy.

**MOVE!** assesses personal eating habits, physical activity and behavioral health. Most importantly, it addresses medical conditions to develop a safe and helpful program for every Veteran participating.

### **MOVE! Coordinator**

Toll-free: 1-800-362-8262, ext. 5504

### **MOVE! Website**

[www.move.va.gov](http://www.move.va.gov)



**My HealtheVet** is a web-based health care resource with 24/7 online access to VA for Veterans and their families. Registered Veterans can find health information, maintain their own personal health care record (via health journals and logs) and refill prescriptions online.

### **My HealtheVet Coordinator**

Toll-free: 1-800-362-8262, ext. 2595

### **My HealtheVet Website**

[www.myhealth.va.gov](http://www.myhealth.va.gov)



Making Lives Better®

**Did you know ...**

**... exercise supports overall health!**  
Try to schedule time to exercise at least twenty minutes each day to stay fit and healthy, manage chronic conditions and maintain a sense of well-being.



## VA Butler Healthcare

**... providing quality health care  
to our nation's Veterans.**



## Veterans Wellness Center

*Hours of Operation*

**Tuesday & Thursday**

**8 am to 10 am**

*and*

**10 am to noon**

**Wednesday**

**1 pm to 4 pm**

**Do you want to STOP smoking?**

**Quit for Life Smoking Cession Program**

*It's free, confidential and it works!*

**1-800-362-8262 ext. 2738, 2489 or 2770**



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<http://www.facebook.com/VAButlerPA>

<http://twitter.com/VAButlerPA>



## Veterans Wellness Program



**Eat Healthy · Be Active · Get Fit for Life**

*Enhancing quality of life through fitness  
... one Veteran at a time*

**VA Butler Healthcare  
325 New Castle Road  
Butler, PA 16001**

**Toll-free: 1-800-362-8262**

**Direct dial: 724-287-4781**

**Facebook: <http://www.facebook.com/VAButlerPA>**

**Twitter: <http://twitter.com/VAButlerPA>**



[www.butler.va.gov](http://www.butler.va.gov)

Making Lives Better®

What steps have you taken today to improve your health?

## Why our Wellness Program

is Right for YOU

**VA Butler Healthcare understands that you need our support to make the most of your health care experience.** We also understand that the programs you choose to participate in are essential to maintaining your good health.

Whether you choose us for one medical service — or all of your health care needs — our dedicated team of health care professionals will attend to your health maintenance and preventive medicine needs and help you to avoid illness through prevention and wellness programs and services. By following your VA health care provider's guidelines for promoting a healthy lifestyle, we will empower you to partner with us to live the best quality of life possible.

A regular regimen of exercise and physical activity are important to your physical and mental health — and beneficial to maintaining health and preventing disease or disability. Physical activity can help you to maintain a healthy weight, contribute to weight loss when combined with dietary changes, can improve cardio-respiratory and muscular fitness, prevent falls, reduce depression, improve cognitive function, lower risk of illness and improve balance and walking ability.

**The Veterans Wellness Program at VA Butler is an independent program that safely supports the key components of fitness to promote a healthy lifestyle ... Physical activity and exercise:**

- improves muscle strength, flexibility, heart function and circulation
- creates an overall sense of well-being and decreases anxiety and stress
- strengthens bones
- maximizes the mind and body's natural healing potential

Call today to learn more about the **Veterans Wellness Program** and how it can benefit YOU!

**Veterans Wellness Program**  
Toll-free: 1-800-362-8262, ext. 2236

Eat Healthy · Be Active · Get Fit for Life



To get involved is simple ...  
**Call us today!**

**VA Butler makes it easy for you!**

If you are interested in exercising at the *Veterans Wellness Center* simply contact your Primary Care Provider to be medically approved to begin participating.

Your Primary Care Provider must approve your medical status in order to begin. You must be assessed annually or after any change in your medical status.

**Veterans Wellness Center**  
Professional-Quality Equipment

- treadmills
- stationary bikes
- elliptical trainer
- weight machines
- free weights

Participate as you wish ...  
no appointments necessary.

You will be contacted by a member  
of your health care team  
once you have been approved to begin!