



**Healthy Living Matters.
Prevention Works.**



Live Whole Health.

**Everyone
Welcome!**

**South Texas Veterans
Health Care System
invites Veterans, staff
and guests to an
informative and motiva-
tional online program.**

**Join online via [WebEx](#)
Password:
HealthyWt@2021**

**For those unable to use
WebEx, please join by
phone:
1-404-397-1596
Access Code: 199 756
5400**

Sponsored by:

- Health Promotion Disease Prevention Program
- Nutrition & Food Services
- Whole Health

Approved: January 2021

Strive for a Healthy Weight

**February 18, 2021
10 a.m. – Noon**

Virtual Program Presentations

10:00-10:15 am

Whole Health Program

Andre Bullard, Whole Health Coach

10:15-10:45 am

Anti-inflammatory Healthy Teaching Kitchen Demo

Jalyn Pacha MS, RD, LD, Whole Health Coordinator
Tamara Sugarek, RD, Healthy Teaching Coordinator

10:45-11:00 am

If I Can Do It - You Can Too!

Veteran Testimonial

11:00-11:30 am

Be Active & MOVE!

Samara Logan, Whole Health Kinseotherapist

11:30-11:50 am

Healthy Eating on a Budget Bite by Bite

Priscilla Green, RDN, MOVE! Facilitator

11:50-Noon

Opportunities Available

**MOVE! Weight Management Program
Employee Whole Health**

For more information:

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