Life's Little PERC

March 2016

Happy St Patrick's Day!

PERC

CONTACT PERC!

West LA
Building 500
Room 1606
(310) 478-3711 Ext 43964

Downtown LA
Room A336
(213) 253-2677
Ext 24573

Sepulveda
Building 200
Room 2500
(818) 895-9569

Website:
http://www.losangeles.va.gov/patients/patiented.asp

Nutrition

Good nutrition is important for everyone. A well-balanced diet provides your body with energy, keeps you healthy, and can prevent and treat many diseases. In fact, four of the ten leading causes of death in the United States today (heart disease, cancer, stroke and diabetes) are directly linked to diet. The key to good nutrition is balance, variety, and moderation. Balance means being sure that your meals contain protein, carbohydrates, and fat. Eating balanced meals will help prevent cravings and make you feel full longer. Variety is also important. Eating a variety of foods ensures that you get all the nutrients that you need to stay healthy. Variety also keeps things interesting. Try a fruit or vegetable that you have never tasted before, you might like healthy foods more than you think! While balance and variety are important for getting enough nutrients to keep you healthy, you must also be careful not to eat too much. Moderation looks at the amount of food that you eat. Even "healthy foods" can lead to health problems if you eat too much. Overloading your plate, going back for seconds, and eating until your stuffed can lead to excess calories and fat. While old habits are hard to change, especially when those habits taste good, a few simple changes can make a big difference. Switch your regular soda out with the diet version or water. Choose lean meats like fish and chicken. Fill half your plate with fruits and vegetables.

What is a PERC?

VA GREATER LOS ANGELES HEALTHCARE SYSTEM
A Division of VA Desert Pacific Healthcare Network

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

- There are three Patient Education Resource Centers or "PERCs" in the Greater Los Angeles VA Health Care system.
- PERC staff members are trained experts in the field of health education and health promotion.
- The PERC offers health educational materials such as pamphlets, books, videos, internet tools, classes and monthly health events.

WHAT'S HAPPENING AT EACH PERC SITE?

WEST LA

NATIONAL NUTRITION MONTH

Please join VAGLAHS 2016 Dietetic Intern Class at our Nutrition Fair for a day filled with interactive healthful activities

Friday, March 11th
12:00pm - 3:00pm
Lobby in Bldg. 500

HAVE YOU SIGNED UP FOR MYHEALTHEVET?

Sign up for this on-line patient tool. With My HealtheVet you can refill your prescriptions online, view appointments and lab results, and also send messages to your healthcare team. Sign up online at *www.myhealth.va.gov*. Upgrade your account with the WLA My HealtheVet expert, Armando, in building 500, Room 1613.

AMPUTEE SUPPORT GROUP

This group is designed for all Veterans who are coping with amputee related issues.

Every Friday
10:00am - 11:00am
Bldg. 500, Room 1277

DOWNTOWN LA

NATIONAL NUTRITION MONTH

Please join VAGLAHS 2016 Dietetic Intern Class at our Nutrition Fair for a day filled with interactive healthful activities.

Wednesday, March 16th
11:00am - 1:00pm
2nd Floor Lobby

MOVE WEIGHT MANAGEMENT PROGRAM (ROOM A-336)

Is losing weight important to you? Join us for support in achieving a healthy weight!

Walk-ins:

- 1st Monday of the month 10:30am OR
- 3rd Thursday of the month 2:00pm

*** Contact PERC or the dietitian to sign up

FREEDOM FROM SMOKING PROGRAM

It's never too late to quit smoking! Come join our 8-week program!

1st Class: 1st Tues of month

- Week 1-4: 10am - 12pm
- Week 5-8: 11am - 12pm

Peer & professional support to help you quit for the last time!

Contact PERC to sign up!

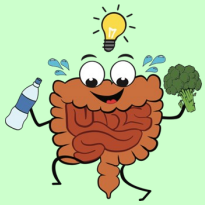
SEPULVEDA

NEW HEALTH CLASSES AT SEPULVEDA!!

Please call Traceye Hines to sign up at (310) 478-3711 x42910

- **Healthy Living**
  Mondays, 9am-10:30am
  Bldg 200, Conf Rm A
- **Diabetes Management**
  Tuesdays, 9am-10:30am
  Bldg 200, Conf Rm A
- **Mindfulness for Pain Management**
  Wednesdays, 9am-10:30am
  Bldg 200, Conf Rm 3140
- **Back to Sleep**
  Wednesdays. 11am-12pm
  Bldg 200, Conf Rm 3140
- **Happy Habits**
  Wednesdays, 1pm-2pm
  Bldg 200, Conf Rm A
- **Fitness & Nutrition**
  Thursdays, 9am-10:30am
  Bldg 200, Conf Rm 3140

NATIONAL NUTRITION MONTH



Please join dietetic interns at our nutrition fair for a day filled with interactive healthful activities. Prizes, body-fat testing, water bar, food.

Tuesday, March 8th
10:00am - 1:00pm
Bldg. 200 lobby