



VA HEALTH CARE
Defining EXCELLENCE
in the 21st Century



- Goals
- Strive for a Healthy Weight
 - Be Tobacco Free
 - Be Physically Active
 - Eat Wisely
 - Limit Alcohol
 - Manage Stress

1-855-MYVATLC (1-855-698-2852)

Ask your healthcare team about Telephone Lifestyle Coaching

Meet Jane, Your TLC Coach

She wants to talk to you about your health goals.

“What Veterans appreciate is we take them step-by-step, baby step, at their pace.”

— Jane,
Registered
Dietitian
with TLC



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