

# WELL BEING

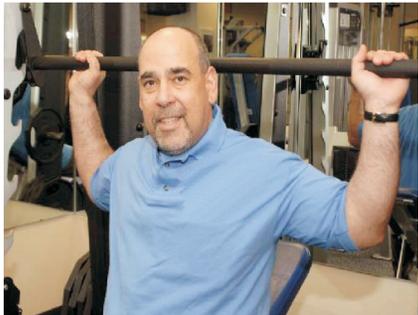
is based upon a good balance of a healthy body, mind and spirit.

The Washington DC VA Medical Center's **LIVe** program was designed to help Veterans achieve this balance.

The **LIVe** program offers 8 to 12 weeks of individualized instruction and counseling to diabetic Veterans who join the program. The lifestyle skills you will learn will start you in the direction of better health and a greater satisfaction in all aspects of your life.

# DIABETIC VETERANS...

- Are you interested in losing weight?
- Do you want to improve your endurance?
- Do you want to better manage your diabetes?



Washington DC VA Medical Center  
50 Irving Street, NW  
Washington, DC 20422



# LIVe THE BEST LIFE YOU CAN!

# TO FIND OUT MORE...

- Ask your primary health care provider how to enroll in LIVe
- Call LIVe team coordinator, Dr. Helen Sheriff, at (202) 745-8000, Ext. 5483
- Send an email to [LIVE@va.gov](mailto:LIVE@va.gov)



Department of  
Veterans Affairs



## TAKING CHARGE

of your diabetes can be tough. Selecting the right foods and doing the right exercises can be confusing. Let the professionals at the Washington DC VA Medical Center help you make the right choices, choices that will lead you to a healthier more enjoyable life.

The LIVE team will create an individualized plan to improve your well-being featuring:

- Exercise
- Nutrition
- Stress Management
- Art and Music Therapy
- Spiritual Support

The LIVE program was developed to provide you with the tools you need to take charge of your diabetes and your LIFE! That's why we call it Lifestyle Intervention for Veterans.



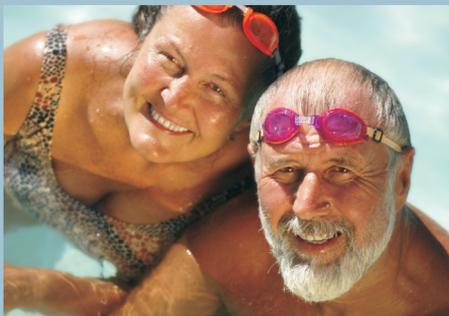
## EXPLORE LIVE

The LIVE program is for diabetic Veterans. It is a holistic approach to building a healthy body, mind and spirit.

The Washington DC VA Medical Center (DCVAMC) is a national leader in providing quality health care to Veterans. Known as the "Flagship of VA Health Care," DCVAMC provides Veterans from our national capital region with Veteran-centered care in an environment that fosters respect and compassion. Our service area includes Washington DC, suburban and Southern Maryland, and Northern Virginia. Learn about the community based clinic near you.

Visit our website:  
[www.washingtondc.va.gov](http://www.washingtondc.va.gov)

You may also contact our Patient Service Center at 202-745-8577 or call toll free 1-877-DCVAMC1 (1-877-328-2621) for more information.



**MAKE A LIFESTYLE CHANGE AND LIVE!**