

Nutritional Counseling Resources

Classes

Nutrition

This nutrition education class teaches basic nutrition and how to make healthy food choices. Spouses or family members are welcome to accompany the veteran. VA employees are also welcome to attend.

	PALO ALTO	LIVERMORE	MONTEREY	SAN JOSE
DAY	Monday Once per month ONLY (Call for specific dates)	Monday Weekly	Tuesday Weekly	Monday Weekly
TIME	10:00 am- 12:00 pm	10:30 am- 11:30 am	10:00 am- 11:00 am	10:30 am- 11:30am
PLACE	Building 101 Auditorium	Building 62, Room 326	Dermatology Conference Room	Room F-100

The following classes offer nutrition education specifically focused on high blood pressure, diabetes, and weight reduction. Spouses or family members are welcome to accompany the veteran. VA employees are also welcome to attend.

High Blood Pressure (Hypertension)

	PALO ALTO
DAY	Thursday (3rd Thursday in January, April, July, October)
TIME	8:15 am-12:30 pm
PLACE	Bldg 5, 2nd floor Conference Room

Diabetes Care (Nutrition section)

	PALO ALTO
DAY	Monday (2nd Monday in January, March, July, September, November)
TIME	10:00 am-11:30 am
PLACE	Building 101, Auditorium

Individual Appointments

Individualized outpatient nutrition counseling by a Registered Dietitian is offered at Palo Alto, Livermore, Monterey and San Jose Clinics. Menlo Park New Horizons Program veterans may also be seen by consultation through a primary care provider. Appointments are usually 30 minutes long and spouses or family members are welcome to accompany the veteran.

To schedule an individual appointment:

- a. Request a referral from any provider or
- b. Call Patient Scheduling at 1-800-455-0057 and ask for an appointment with the dietitian.

(Please note: Appointments cannot be scheduled by calling Nutrition Clinics or dietitians)

If you need to leave a message for the dietitian, please call Nutrition and Food Service at (650) 493-5000 ext. 64659.

To attend any of the above classes:

(Note: VA employees do not need to schedule appointment for classes)

- A) Request a referral from your primary care (GMC) provider or
- B) Call Patient Scheduling at 1-800-455-0057 and ask to be scheduled into the class of your choice