Meet your New Year’s resolution health goals!

The Erie VA Medical Center’s Nutrition Clinic provides the nutrition education and counseling Veterans can use to improve their health. Whether a Veteran is monitoring their food intake for weight management, diabetes, pregnancy, or general health, the VA can help!

The Whole Health Program also offers Nutrition Courses with specific themes including:

• **Food and Mood – You Are What You Eat**
  
  Our food choices can influence energy levels, blood sugar levels, mood, stress, memory and sleep. This class will show you some easy ways to improve brain health with a great tasting recipe.

• **Tame the Flame of Inflammation with Diet**
  
  Learn how changes in your diet may help relieve the symptoms of chronic inflammation such as pain.

• **Your Kitchen Pharmacy – The Health Benefits of Herbs and Spices**
  
  This class discusses how to use herbs as a flavor enhancer and the positive health impact of herbs.

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**Nutrition Course Offerings**

**Healthy Teaching Kitchen Cooking Classes**
Learn how to cook for a healthier YOU! Various healthy cooking demonstrations monthly. Diabetes cooking classes offered once a quarter.

**MOVE! Weight Management**
Individual or group appointments with a Registered Dietitian to work on your weight loss goals.

**Nutrition Counseling**
One-on-one sessions with a Dietitian to review your recommended nutrition prescription or your diet concerns.

**Appointments**

To schedule an appointment for one of our nutrition programs contact: 814-860-2554 or 1-800-274-8387 ext. 2554.

Nutrition Courses now offered on VA Online Scheduling app available at mobile.va.gov.
Emergency Care In the Community

Notify the Erie VA when you visit a community Emergency Department or are admitted to a community hospital. **VA payment is not guaranteed.** Remember, to be considered for payment, **you must notify the VA within 72 hours.**

Erie VA Non-VA Care Team: 814-860-2800
8 am to 4:30 pm Monday- Friday

After 4:30 pm and on weekends, you can call 814-868-8661 and ask for the Medical Administration Assistant.
Events
View upcoming events by visiting www.erie.va.gov/calendar.asp.

Veteran Health Fair
Tuesday, February 12
10:00 am - 2:00pm
Erie VAMC - 2nd Floor

Erie VA Medical Center invites Veterans and their families to attend the annual Veteran Health Fair to learn about a variety of VA healthcare programs and services.

Meet with VA Health Experts On-Site:
- Eligibility & Enrollment
- Caregiver Support
- Smoking Cessation
- MOVE!
- MyHealthE Vet
- Peer Support Specialists
- Women Veterans Program
- Whole Health
- Hospice Palliative Care
- Transitional Care
- Health Promotion
- Telehealth
- Vet Center
- ... and more!

For more information, contact:
Erie VAMC’s Health Promotion Program
814-860-2695

2019 Veteran Events
Town Halls, Resource Fairs, Open Houses & more!

Waterford American Legion Veterans Resource Fair
Date: Saturday, February 9
Time: 10am - 1pm
Location: Waterford American Legion

National Salute to Veterans Week
Date: February 11-15
Location: Erie VAMC
For more information or to visit with patients, please contact the Voluntary Office at (814) 860-2453.

Warren VA Clinic Open House
Date: Wednesday, April 10
Time: 2pm-4pm
Location: Warren CBOC

Venango VA Clinic Open House
Date: Wednesday, April 17
Time: 2pm-4pm
Location: Venango CBOC

McKean VA Clinic Open House
Date: Wednesday, April 24
Time: 2pm-4pm
Location: McKean CBOC

Crawford VA Clinic Open House
Date: Wednesday, May 1
Time: 2pm-4pm
Location: Crawford CBOC

Ashtabula VA Clinic Open House
Date: Wednesday, May 8
Time: 2pm-4pm
Location: Ashtabula CBOC

Erie VA Veteran Town Hall
Date: Thursday, May 9
Time: 2pm-3pm
Location: Erie VAMC

Erie VA Veteran Town Hall
Date: Wednesday, July 10
Time: 5:30 p.m. - 6:30 p.m.
Location: Erie VAMC
Salute Your Health is published quarterly as a patient education service by the Erie VA Medical Center. The publication is intended to provide information to help you stay well, manage your health care, and learn more about the many services available through the VA. This publication is not intended as a substitute for professional medical advice, which should be obtained from your provider. All articles may be reproduced for educational purposes. Our mission is to maintain and improve the health and well-being of Veterans by providing state-of-the-art comprehensive health care in a professional and pleasant environment. All models used for illustrative purposes only.

FOR MORE INFORMATION, PLEASE CONTACT US AT:
Erie VA Medical Center
135 East 38th St., Erie, PA 16504
814-868-8661 or 800-274-8387
Check out our website for hours, telephone numbers, and maps at www.erie.va.gov.

VCS Patriot Cafe Reopens

The Erie VA Medical Center hosted the grand reopening of the VCS Patriot Cafe & Retail Store November 27. Hours of Operation are 7 a.m. to 3 p.m. Monday through Friday.

Connect with us Online!

Looking to stay updated on Veteran Town Halls, health fair activities, and other Veteran-related events at the VA? Connect with us online!

www.erie.va.gov
Subscribe for email updates!

@VAMCErie
@ErieVAMC

Important Contacts

Main Line – Phone Tree
814-868-8661
1-800-274-8387 (toll-free)
• Press 1 – Pharmacy
• Press 2 – Appointments, speak to the Call Center or a specialty care provider
• Press 3 – Nurse Line
• Press 4 – Eligibility
• Press 5 – Billing
• Press 7 – Veterans Crisis Line

Behavioral Health Clinic
814-860-2038

Veterans Crisis Line
1-800-273-8255 (Press 1)

Ashtabula VA Clinic
866-463-0912

Crawford VA Clinic
866-962-3210

McKean VA Clinic
814-368-3019

Venango VA Clinic
866-962-3260

Warren VA Clinic
866-682-3250

Erie VAMC
www.erie.va.gov