

# COMMIT

## — TO BE FIT —

It's NEVER too late to get started.

**VA is here for you.**

- ☑ Move! Weight Management Program
- ☑ Tai Chi Classes and Videos
- ☑ Yoga Instruction & Meditation Podcasts
- ☑ Stay Quit Coach



**Women Veterans Call Center: 1-855-829-6636**

[www.womenshealth.va.gov](http://www.womenshealth.va.gov) | #WomenVets

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