Wellness and Health Promotion
Programs Offered at Local Community Sites

Highmark’s Health Promotion Department is pleased to present the 2011 fourth quarter schedule for wellness and health promotion programs offered at local Preventive Health Alliance sites. All programs are FREE to Highmark members. A program materials fee may apply. To sign up, members should contact the local site coordinator.

LOCAL COMMUNITY SITES

<table>
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<tr>
<th>Mind Body Wellness Center</th>
<th>Titusville Area Hospital</th>
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<tr>
<td>18201 Conneaut Lake Road</td>
<td>406 West Oak Street</td>
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<tr>
<td>Meadville, PA 16335</td>
<td>Titusville, PA 16354</td>
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Coordinator: Margaret Sowry
1-814-333-5061

Coordinator: Shelia Rogers
1-814-827-1852 x204

PREVENTIVE HEALTH ALLIANCE PROGRAMS

**Personal Nutrition Coaching℠** is individual nutrition coaching by a registered dietitian/licensed nutritionist to address weight management, heart health, diabetes and other health issues. An individualized plan is created that can be easily integrated into the individual’s lifestyle. For adults and children.

Mind Body Wellness Center and Titusville Area Hospital

Call for one on one appointments

**Discover Relaxation Within℠ II** is a lifestyle improvement program that expands through practice the specific relaxation techniques taught in Discover Relaxation Within I, and teaches participants to employ the techniques in everyday life. Creative problem solving, time management, and journaling also help to promote stress management. Participants receive a participant manual.

Mind Body Wellness Center:

October 6 – October 27, 2011; 5:15 p.m. to 6:45 p.m.