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

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<tr>
<th>Eastside YMCA</th>
<th>Glenwood Park YMCA</th>
<th>St. Vincent Health System</th>
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<tr>
<td>2101 Nagle Road</td>
<td>3727 Cherry Street</td>
<td>232 W 25th Street</td>
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<td>Erie, PA 16508</td>
<td>Erie, Pa 16501</td>
<td>Erie, Pa 16544</td>
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<td>Coordinator: Norma Schriefer</td>
<td>Coordinator: Tobi Sala</td>
<td>Coordinator: Ashlee Rzyczycki</td>
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<td>814-899-9622</td>
<td>814-868-1837</td>
<td>814-452-5619</td>
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UPMC Hamot Health Connection

118 East 2nd Street
Erie, Pa 16507

Coordinator: Lucia Conti
814-877-6145

UPMC Hamot Cardiac Rehab

3330 Peach Street
Erie, PA 16501

Coordinator: Mary Grenz
814-877-5609

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.

Call for one on one appointments: Eastside YMCA, Glenwood YMCA, UPMC Hamot Health Connection, UPMC Hamot Cardiac Rehab and St. Vincent Health System
**Eat Well for Life℠ I** is a lifestyle improvement program promoting wellness and long-term weight management through balanced nutrition. Participants learn to make healthful food choices and nutrition practices to achieve a balanced lifestyle and long-term weight management. Participants receive a participant manual, including recipes.

Glenwood YMCA: Thursday, October 27 – November 17; 10:00 a.m. to 11:30 a.m. & 6:00 p.m. to 7:30 p.m.

St. Vincent Health System: Wednesday, October 5 – October 26; 6:00 p.m. to 7:30 p.m.

**Eat Well for Life℠ II** is a lifestyle improvement program that focuses on planning well-balanced meals, adopting mindful eating practices, improving physical activity and making healthful eating choices when dining out. This class follows Eat Well For Life I. Participants receive a participant manual, which includes a workout guide and recipes.

St. Vincent Health System: Tuesday, November 1 - 22; 5:00 p.m. to 6:30 p.m.

**Discover Relaxation Within℠ I** is a lifestyle improvement program to help identify and reduce individual stressors through specific relaxation techniques. This program is educational and experiential. Participants receive a participant manual and stress management CD.

St. Vincent Health System: Monday, November 7 - 28; 5:30 p.m. to 7:00 p.m.

**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.

St. Vincent Health System: Wednesday, December 7 - 28; 5:30 p.m. to 7:00 p.m.

**Drop 10 in 10®** is an exciting weight management program designed to help participants lose 10 pounds or 10 percent of their weight through a program of balanced nutrition, sensible activity and meaningful lifestyle changes. Participants receive an information-packed **Drop 10 in 10 Participant Kit**, which includes a Drop 10 in 10 Guide Book, Daily Food and Fitness Journal, tape measure and resistance band, all in a convenient Drop 10 in 10 cinch bag. (A program materials fee applies.)

St. Vincent Health System: Wednesday, October 28 – November 23; 12:00 p.m. to 1:00 p.m.