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

Oil City YMCA
7 Petroleum Street
Oil City, PA 16301

Coordinator: Terri Roberts
1-814-677-3000

PREVENTIVE HEALTH ALLIANCE PROGRAMS

Discover Relaxation Within℠ 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.

Tuesday, November 22; 9:30 a.m. to 11:00 a.m.

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.

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.)

Tuesday, October 4; 5:30 p.m. to 6:30 p.m.

Health on the Menu℠ is a series of one-hour wellness workshops that promote healthy lifestyles in an educational, interactive, motivational and action-oriented way. The workshops are an ideal forum for individuals seeking to learn more about taking an active role in their health.

Friday, September 30; 9:30 a.m. to 10:30 a.m. “Fill Up with Fiber”

Friday, October 28; 9:30 a.m. to 10:30 a.m. “All About: Heart Health and Cholesterol”

Friday, November 18; 9:30 a.m. to 10:30 a.m. “Woman’s Health: Taking Care of You”

Friday, December 16; 9:30 a.m. to 10:30 a.m. “Bone Health: Your Risk Factors, Your Choices”