



**SPRING 2011**

## Wellness and Health Promotion Programs Offered at Local Community Sites

All programs are **FREE** to Highmark members  
however open to all!\*\*

### LOCAL COMMUNITY SITES

#### **Advantage Nutrition & Wellness, LLC**

2005 City Line Road, Suite 104

Bethlehem, PA 18017

Phone: 610-443-1885 Fax: 610-443-1685

Coordinator: Ms. Tara Bock

### PREVENTIVE HEALTH ALLIANCE PROGRAMS

**Personal Nutrition Coaching<sup>SM</sup>** 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.

**Please call our office at your convenience to schedule your individual appointment.**

**Drop 10 in 10<sup>®</sup>** 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. (An \$18 program materials fee applies.)

**Start Dates: February 9, 2011 Wednesdays 6:00 PM to 7:00 PM \***



**Discover Relaxation Within<sup>SM</sup> I** is a lifestyle improvement program to help identify and reduce individual stressors through specific relaxation techniques. This program is educational and experiential. Participants will learn specific relaxation techniques "which include yoga, meditation, and breathing. Participants receive a participant manual and stress management CD.

<b>Start Dates:</b>	<b>January 8, 2011</b>	<b>Saturday</b>	<b>9:30 AM to 11:00 AM *</b>
	<b>March 5, 2011</b>	<b>Saturday</b>	<b>9:30 AM to 11:00 AM *</b>
	<b>April 30, 2011</b>	<b>Saturday</b>	<b>9:30 AM to 11:00 AM *</b>

**Discover Relaxation Within<sup>SM</sup> 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.

**Start Dates: To Be Determined Upon Series I Completion**

**The Spectrum** is a 6-week scientifically-proven program to feel better, live longer, lose weight and gain health based on the best-selling book by Dr. Dean Ornish. Participants learn valuable lifestyle changes to help prevent or better manage diabetes, heart disease and other chronic conditions. Participants receive a participant manual and workout booklet.

<b>Start Date:</b>	<b>April 13, 2011</b>	<b>Wednesdays</b>	<b>6:30 PM to 8:30 PM *</b>
--------------------	-----------------------	-------------------	-----------------------------

**\* All classes require pre-registration.** There is an established minimum number of participants for each class. If minimum participation is not achieved the class will be rescheduled to another start date.

**\*\* All classes are free to Highmark members.** Highmark insurance covers one series for each class per calendar year. Other insurance companies may cover these classes however coverage will depend upon each individual's plan and benefits. Self-pay for all class series available. Please contact the office for additional details and rates.