



# Current Wellness Programs Offered at Your Local Community Site!

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

## LOCAL COMMUNITY SITE

### 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

**Diabetes Awareness and Prevention<sup>SM</sup>** is a 4-week program that focuses on the prevention and management of diabetes, whether individuals are maintaining good health, at risk for, diagnosed with or care about someone who is at risk for diabetes.

<b>Start Dates:</b> June 22, 2009	<b>Mondays</b>	<b>9:00 AM to 10:00 AM *</b>
August 6, 2009	<b>Thursdays</b>	<b>6:00 PM to 7:00 PM *</b>
September 3, 2009	<b>Thursdays</b>	<b>6:00 PM to 7:00 PM *</b>
October 1, 2009	<b>Thursdays</b>	<b>6:00 PM to 7:00 PM *</b>
November 5, 2009	<b>Thursdays</b>	<b>6:00 PM to 7:00 PM *</b>

**Discover Relaxation Within<sup>SM</sup> I and II** are each a 4-week lifestyle improvement program to help identify and reduce individual stressors through specific relaxation techniques. This program is both educational and experiential. Participants receive a participant manual and stress management CD. Please contact the office for details and rotation of the I and II series offerings.

<b>Start Dates:</b> July 10, 2009	<b>Fridays</b>	<b>8:30 AM to 10:00 AM *</b>
August 1, 2009	<b>Saturdays</b>	<b>9:30 AM to 11:00 AM *</b>
September 12, 2009	<b>Saturdays</b>	<b>9:30 AM to 11:00 AM *</b>
October 10, 2009	<b>Saturdays</b>	<b>9:30 AM to 11:00 AM *</b>
November 7, 2009	<b>Saturdays</b>	<b>9:30 AM to 11:00 AM *</b>



**Eat Well for Life<sup>SM</sup> I and II** are each a 4-week lifestyle improvement program that promotes wellness and long-term weight management through balanced nutrition. Participants learn to make healthful food choices and are encouraged to adopt the nutrition practices to achieve a balanced lifestyle and long-term weight management. Participants receive a participant manual, including recipes. Please contact the office for details and rotation of the I and II series offerings.

<b>Start Dates:</b> June 23, 2009	<b>Tuesdays</b>	<b>9:00 AM to 10:30 AM *</b>
July 21, 2009	<b>Tuesdays</b>	<b>9:00 AM to 10:30 AM *</b>
August 5, 2009	<b>Wednesdays</b>	<b>6:30 PM to 8:00 PM *</b>
September 2, 2009	<b>Wednesdays</b>	<b>6:30 PM to 8:00 PM *</b>
October 7, 2009	<b>Wednesdays</b>	<b>6:30 PM to 8:00 PM *</b>
November 4, 2009	<b>Wednesdays</b>	<b>6:30 PM to 8:00 PM *</b>

**HOPE<sup>SM</sup>** is a 6-week lifestyle improvement program that focuses on healthy choices to prevent or manage osteoporosis. Program components include an overview of osteoporosis, nutrition education and cooking demonstration, strength training exercises, medication options and stress management. Participants receive a participant manual, which includes a workout guide and recipes, and a resistance band.

<b>Start Dates:</b> June 24, 2009	<b>Wednesdays</b>	<b>8:30 AM to 10:30 AM *</b>
August 26, 2009	<b>Wednesdays</b>	<b>6:30 AM to 8:30 AM *</b>
October 1, 2009	<b>Thursdays</b>	<b>3:00 PM to 5:00 PM *</b>

**Personal Nutrition Coaching<sup>SM</sup>** is individual nutrition coaching by a registered dietitian/licensed nutritionist to address a wide variety of health and wellness topics: weight management, heart health, diabetes and more. An individualized plan is created that can be easily integrated into the individual's lifestyle. Members are allotted one initial session (60 minutes) and six follow-up sessions (30 minutes each session) per calendar year. Available for adults and children. Parent or guardian must be present for all children's sessions.

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

**\* 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.**

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Wellness Where You Live, Clear the Air, Diabetes Awareness and Prevention, Discover Relaxation Within, Eat Well for Life, HOPE and Personal Nutrition Coaching are service marks of Highmark Inc.