



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 CoachingSM 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.

Non Highmark member's price

Initial: \$ 95.00

Follow up: \$ 22.50 every 15 minutes

Other insurance submission considered but coverage dependent on individual's plan benefits

Drop 10 in 10[®] an exciting 10 week 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.)

Class runs:	February 9 thru April 13	Wednesdays	6:00 PM to 7:00 PM *
	March 14 thru May 16	Mondays	6:45 PM to 8:00 PM *

Non-Highmark member's price: \$ 150.00 for 10 week class series



Other insurance submission considered but coverage dependent on individual's plan benefits

Discover Relaxation WithinSM I is a 4 week 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.

Class Runs: **March 5 thru March 26** **Saturday** **9:30 AM to 11:00 AM ***
 April 30 thru May 21 **Saturday** **9:30 AM to 11:00 AM ***

Non-Highmark member's price: **\$ 90.00 for 4 week class series**
Other insurance submission considered but coverage dependent on individual's plan benefits

Discover Relaxation WithinSM II is a 4 week 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.

Class Runs : **To Be Determined Upon Series I Completion**

Non-Highmark member's price: **\$ 90.00 for 4 week class series**
Other insurance submission considered but coverage dependent on individual's plan benefits

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.

Class Runs: **April 13 thru May 18** **Wednesdays** **6:30 PM to 8:30 PM ***

Non-Highmark member's price: **\$180.00 for 6 week class series**
Other insurance submission considered but coverage dependent on individual's plan benefits

*** 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.