



SPRING 2010

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

Pre-Registration is required for all classes

Personal Nutrition CoachingSM 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.

Diabetes Awareness and PreventionSM 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.

Start Dates: January 7, 2010	Thursdays	6:00 PM to 7:00 PM *
February 4, 2010	Thursdays	6:00 PM to 7:00 PM *
March 4, 2010	Thursdays	6:00 PM to 7:00 PM *
April 8, 2010	Thursdays	6:00 PM to 7:00 PM *
May 6, 2010	Thursdays	6:00 PM to 7:00 PM *



Discover Relaxation WithinSM 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.

Start Dates: January 9, 2010	Saturdays	9:30 AM to 11:00 AM *
February 6, 2010	Saturdays	9:30 AM to 11:00 AM *
March 6, 2010	Saturdays	9:30 AM to 11:00 AM *
April 3, 2010	Saturdays	9:30 AM to 11:00 AM *
May 1, 2010	Saturdays	9:30 AM to 11:00 AM *

Drop 10 in 10SM Choose Less. Live more... Make the commitment and discover how to lighten your life with Drop 10 in 10. This innovative 10-week weight management program shows you how to add a healthy balance to your life with the power of ten. Get our exclusive Drop 10 in 10 tool-kit that includes all of the tools you need to make real changes for real results. (There is a materials fee for all participants).

Start Dates: February 2, 2010	Tuesdays	6:30 PM to 7:30 PM*
September 14, 2010	Tuesdays	6:30 PM to 7:30 PM*

Eat Well for LifeSM 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.

Start Dates: January 6, 2010	Wednesdays	6:30 PM to 8:00 PM *
February 3, 2010	Wednesdays	6:30 PM to 8:00 PM *
March 4, 2010	Wednesdays	6:30 PM to 8:00 PM *
April 7, 2010	Wednesdays	6:30 PM to 8:00 PM *
May 5, 2010	Wednesdays	6:30 PM to 8:00 PM *

HOPESM 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.

Start Dates: February 2, 2010	Tuesdays	7:00 AM to 9:00 AM*
April 12, 2010	Mondays	6:30 PM to 8:30 PM*

*** 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.