



FALL 2011

Wellness and Health Promotion Programs Offered at Local Community Sites

All programs are **FREE** to Highmark members...

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: Mrs. 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: September 12 thru November 14 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

