Highmark’s Health Promotion Department is pleased to present the first quarter 2013 schedule for wellness and health promotion programs offered at a local Preventive Health Alliance site. Highmark provides these programs to its members without a fee (see exception below*). To sign up, call the number below.

LEHIGH VALLEY HEALTH NETWORK
LIFESTYLE MANAGEMENT CENTER
1243 S. Cedar Crest Blvd., Suite 300
Allentown, PA 18103
Call the main #: 610-402-CARE (2273)

PREVENTIVE HEALTH ALLIANCE PROGRAMS

**Personal Nutrition Coaching** is a one-on-one counseling service with a Registered Dietitian designed to help you make healthy lifestyle and nutrition choices for better health or to address specific concerns, such as weight management, heart health and diabetes. Record your food intake and physical activity with your own Lifestyle Log and discover the power of better nutrition. **Available for adults and children. Call for your individual appointment today!**

**Drop 10 in 10®** 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. **(A program materials fee applies for all participants.)**

*Monday Jan 14 – March 18, 2013 5:30pm-6:30pm 1243 South CC Blvd Suite 2200, LCM 4*

**Daily Steps to Less Stress** is a lifestyle improvement program designed to help participants manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, to visualization, to progressive muscle relaxation and humor therapy, participants will acquire effective tools to deal with stress.

*Wednesdays; Jan 16 – Feb 20, 2013 1:00-2:00pm 1243 S CC Blvd Suite 2200, LCM2*

**Eat Well for Life I** is a lifestyle improvement program that champion’s optimal health, vitality and long-term weight management through the power of good nutrition. You’ll discover easy meal planning tools, smart shopping strategies and healthy ways to cook great tasting foods. **Eat Well for Life I** gives you a new taste of better eating and wellness to last a lifetime.

*Wednesday Jan 30 – Feb 20, 2013 9am-10:30am 1243 South CC Blvd Suite 2200, LCM4*
Eat Well for Life II gives you the inside scoop on balanced meal planning, dining out, listening to your body and making the connection between mood and food. You’ll discover new ways to maximize your energy with high quality nutrition and more tools you can use for lifelong health and wellness. Participation in Eat Well for Life I is recommended prior to this program.

Wednesday: Feb 27 – March 20, 2013 9am-10:30am 1243 South CC Blvd Suite 2200, LCM 4
Highmark’s health promotion department is pleased to present the 2013 first quarter schedule for wellness and health promotion programs offered at a local Preventive Health Alliance site. All programs are free to Highmark members. To sign up, members should contact the local site coordinator.

**ADVANTAGE NUTRITION & WELLNESS, LLC**

2005 City Line Road, Suite 104  
Bethlehem, PA 18017  
Phone: 610-443-1885  
Fax: 610-443-1685  
Coordinator: Tara Bock

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Starts Wednesday, January 23rd – March 27th, 2013  
6:30 PM to 7:30 PM

**Daily Steps to Less Stress** is a lifestyle improvement program designed to help participants manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, to visualization, to progressive muscle relaxation and humor therapy, participants will acquire effective tools to deal with stress.  
Saturday, February 2nd - March 9th, 2013  
9:30 AM to 11:00 AM  
Saturday, April 6th - May 11th, 2013  
9:30 AM to 11:00 AM

**The Spectrum** is a 6-week, group-based program to feel better, live longer, lose weight and gain health based on the best-selling book and research by Dr. Dean Ornish. Participants learn valuable lifestyle changes to help prevent or better manage diabetes, heart disease and other chronic conditions.  
Starts Monday, April 1st – May 6th, 2013  
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. Self-pay for all class series available. Please contact the office for additional details and rates.