

### Eat Well for Life I

A 4-week lifestyle improvement program promoting wellness and long-term weight management through balanced nutrition, cooking demonstrations, and other hands on experiences. Each class is 90 minutes.

#### Fee:

- Highmark Members: FREE
- YMCA Members without Highmark \$50
- Non-YMCA, Non-Highmark: \$65

Tues., Sept. 7—28, 9:00—10:30 a.m. OR

Wednesdays, Sept. 8—29, 6:00—7:30 p.m.

### Eat Well for Life II

For those who completed Eat Well for Life I. Focuses on meal planning, staying motivated, enjoying exercise, stress and its impact on hunger, and eating well when eating out.

Fee: Same as Above

To be announced...

### PERSONAL NUTRITION COACHING

A personalized one on one program designed by a registered dietitian to address the needs of an individual seeking nutrition counseling relating to weight management, heart health or diabetes. \*\*By appointment only.

#### Initial Appointment Fee:

- Highmark Members: FREE
- YMCA Members without Highmark \$60
- Non-YMCA, Non-Highmark: \$70

#### Follow-Up Appointment Fee:

- Highmark Members: FREE
- YMCA Members without Highmark: \$30
- Non-YMCA, Non-Highmark: \$35

Revised: July 8, 2010

### Discover Relaxation Within I

A 4-week lifestyle improvement program that helps individuals identify everyday stressors and teaches specific relaxation techniques to evoke relaxation and reduce and manage stress. Class includes a FREE relaxation CD. Each class is 90 minutes.

#### Fee:

- Highmark Members: FREE
- YMCA Members without Highmark \$50
- Non-YMCA, Non-Highmark: \$65

To be announced...

### Discover Relaxation Within II

A lifestyle improvement program designed to expand the relaxation techniques learned in Discover Relaxation I.

Fee: Same as Above

To be announced....

### Diabetes Awareness & Prevention

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.

Fee: Same as Above

To be announced...

### Clear the Air

This one-session program is the step you take BEFORE deciding to quit tobacco for good. It empowers you to identify your reasons for quitting smoking, helps you develop a plan to quit for good & prepares you for the challenging task of life-long tobacco cessation. \*\*By appointment only.

#### Fee:

- Highmark Members: FREE
- YMCA Members without Highmark \$50
- Non-YMCA, Non-Highmark \$65