



Current Wellness Programs Offered at Your Local Community Site!

We are pleased to present your local community sites' class schedule. All programs are **FREE** to Highmark members. To sign up, contact the local site coordinator.

LOCAL COMMUNITY SITE

Valhalla Health & Fitness Club
4970 DeMoss Rd.
Reading, PA 19606
610-779-6006

Coordinator: Debbie Stiller or Kim Green-Dolan

PREVENTIVE HEALTH ALLIANCE PROGRAMS

Clear the AirSM is a group based one-session tobacco cessation preparation program that provides the tools needed to get prepared, take action and quit tobacco for good. Participants receive coupons for over-the-counter nicotine replacement therapy.

Call for next scheduled date and time

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.

Call for next scheduled date and time

Discover Relaxation WithinSM I is a 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.

4 week session for 1 ½ hours. Mondays – November 30th, December 7th, 14th, and 21st from 7:30 to 9:00pm.

Discover Relaxation WithinSM II is a 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.

Call for next scheduled date and time

Eat Well for LifeSM I is a lifestyle improvement program promoting 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.

4 week session for 1 ½ hours. Mondays – November 2nd, 9th, 16th and 23rd from 7:30 to 9:00pm.



Eat Well for LifeSM II is a lifestyle improvement program that focuses on planning well-balanced meals, adopting mindful eating practices, improving physical activity practices and making healthful eating choices when dining out. This class follows EWFL I. Participants receive a participant manual, which includes a workout guide and recipes, and a resistance band.

Call for next scheduled date and time

HOPESM is a 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.

Call for next scheduled date and time

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. Members are allotted one initial session and six follow-up sessions per calendar year. Available for adults and children. Parent or guardian must accompany the child. **Call anytime to schedule an individual appointment.**

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Wellness Where You Live, Clear the Air, Diabetes Awareness and Prevention, Discover Relaxation Within, Eat Well for Life, HOPE and Personal Nutrition Coaching are service marks of Highmark Inc.