

# DIABETES

## Awareness & Prevention<sup>SM</sup> Program

Take control today for better health tomorrow.



Learn how you and your loved ones can lower your risk for diabetes or live well with diabetes.

### This four-week program will give you the tools to:

- Lower your risk for diabetes
- Live well with diabetes
- Improve your eating habits
- Increase your physical activity
- Manage stress
- Live a healthier lifestyle



There is no fee for Highmark members to participate in this program. There is a nominal fee for non-Highmark members to participate.

**Four consecutive Saturdays starting January 3, 2009**

**724-274-5202**

**Destination Wellness**

**Galleria at Pittsburgh Mills, Entry 5**



An Independent Licensee of the Blue Cross and Blue Shield Association

**Wellness Where You Live<sup>SM</sup>**  
Preventive Health Alliance

Copyright © Highmark Inc. 2008. All Rights Reserved. Highmark is a registered mark of Highmark Inc.  
Blue Cross, Blue Shield and the Cross and Shield symbols are registered service marks of the Blue Cross and Blue Shield Association, an Association of Independent Blue Cross and Blue Shield Plans.  
Diabetes Awareness and Prevention and Wellness Where You Live are service marks of Highmark Inc.

