



Let go of stress, take hold of life...

Discover Relaxation WithinSM I

Stress is difficult to avoid. Whether it's work or family life, stress touches each of us on a daily basis. This four-week wellness and lifestyle improvement program is designed to identify and reduce personal stress through practical relaxation techniques and innovative stress management strategies. It gives participants the tools they need to recognize stress, become stress-resilient and develop coping skills.

There is no fee for Highmark members; \$65 for non-members.

Four-week series begins:

Thursday, July 9, 2009

1 pm

Destination Wellness

Galleria at Pittsburgh Mills , Entry 5

Call to register at 724-274-5202



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