



Lifestyle improvement programs right in your neighborhood...  
**Wellness Where You Live<sup>SM</sup>**  
Preventive Health Alliance



**A perfect fit...**

**Personal Nutrition Coaching<sup>SM</sup>**

A one-on-one counseling service with a registered dietitian helps you to make healthy lifestyle and nutrition choices to address weight management, heart health or diabetes.  
**By appointment only.**



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

**Discover Relaxation Within<sup>SM</sup> I**

This lifestyle improvement program helps you manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, to visualization, to progressive muscle relaxation and humor therapy, you'll acquire effective tools to deal with stress. **One day a week for four consecutive weeks.**



**Your health is worth one more try...**

**Clear the Air<sup>SM</sup>**

Have a good plan BEFORE you decide to quit tobacco. It empowers you to identify your reasons for quitting and gives you the tools you need to quit for good. **By appointment only.**



**Take control today for better health tomorrow...**

**Diabetes Awareness and Prevention<sup>SM</sup>**

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 physical activity, manage stress and live a healthier lifestyle. **One day a week for four consecutive weeks.**

*There is no fee for Highmark members to participate in these programs.*

*There is a nominal fee for non-Highmark members to participate.*

**Destination Wellness, Pittsburgh Mills Mall ■ Call to register at 724.274.5202**



**ALLE-KISKI  
MEDICAL CENTER**

[www.akmc-dw.com](http://www.akmc-dw.com)

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[www.wpahs.org](http://www.wpahs.org)