



We're making shopping a healthy experience.



July 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Destination Wellness "DW" is located in the Galleria at the Pittsburgh Mills in neighborhood 5, Entry 5 ☎ = call to register for events at (724) 274-5202 <i>Highmark classes are available. Call for details/registration</i> 🩸 = Blood Drives 👨 = Doctor Talks ❤️ = CPR classes			1 Tai Chi Begins 6 p.m. \$30/Series ☎	2	3	4 ~ Closed ~
5 ~ Closed ~	6	7 Safe Sitter® (Day 1 of 2) \$50 1 - 5:30 p.m. ☎	8 Safe Sitter® ((Day 2) 9 a.m. - 1:30 p.m. ☎) Blood Drive 🩸 4 - 8 p.m. Tai Chi 6 p.m.	9 Highmark Discover Relaxation Within SM I begins 1 p.m. ☎	10 Highmark Diabetes Awareness SM begins 11 a.m. ☎	11 Heartsaver AED/CPR 9 a.m. - 1 p.m. \$35 ☎ Heartsaver First Aid & CPR 2 - 7 p.m. \$45 ☎
12	13 AARP Safe Driving 2-day Course 9 a.m. - 1 p.m. ☎ 	14 AARP Safe Driving 2-day Course 9 a.m. - 1 p.m. ☎ 	15 Hypertension with Priya Saxena, MD BP Screening follows 12:30 p.m. ☎ Healthcare Provider CPR 5 - 10 p.m. \$50 ☎ Tai Chi 6 p.m.	16 Highmark Discover Relaxation Within SM I 1 p.m.	17 Highmark Diabetes Awareness SM 11 a.m.	18 Safe Sitter® (Day 1 of 2) \$50 9 a.m. - 1:30 p.m. ☎
19 Safe Sitter® (Day 2) 1 - 5:30 p.m. ☎	20	21 Highmark Suspending Stress SM Lunch & Learn 1 p.m. ☎	22 Blood Drive 🩸 9 a.m. - 1 p.m. Tai Chi 6 p.m. Thyroid Disease w. Dr. Richard Bernat & Dr. Kamala Rajupet 6:30 p.m. ☎ 	23 Highmark Discover Relaxation Within SM I 1 p.m.	24 Highmark Diabetes Awareness SM 11 a.m.	25 Lamaze 9 a.m. - 5:30 p.m. Register at 412-578-7271
26	27 Zumba Begins \$5/class ☎ Highmark Senior Products® 11 a.m. - 1 p.m. or 1 p.m. - 3 p.m. ☎	28 AARP Safe Driving 1-day Course 9 a.m. - 1 p.m. ☎ Healthcare Provider Renewal \$30 5 - 8 p.m. ☎ 	29 Bone Density Heel Screening 11 a.m. - 1 p.m. Tai Chi 6 p.m. Alzheimer's Support Group 7 p.m. ☎ 	30 Highmark Discover Relaxation Within SM I 1 p.m. Discover Relaxation Within SM I	31 Highmark Diabetes Awareness SM 11 a.m. Humana 1:30 p.m.	

Destination Wellness is a community health and wellness resource center sponsored by Alle-Kiski Medical Center.
 Visit us at: www.akmc-dw.com