










We're making shopping a healthy experience.

# October 2009

| Sun  | Mon   | Tue  | Wed   | Thu   | Fri   | Sat  |
|--|---|--|---|---|---|--|
| Destination Wellness "DW" is located in the Pittsburgh Mills Mall in neighborhood 5, Entry 5<br>☎ = call to register for events at (724) 274-5202<br><b>DRW<sup>SM</sup> I, DRW<sup>SM</sup> II and EWFL<sup>SM</sup> II: Each Class is a 4-week series, \$65 for Non-Highmark members</b> |   |  |   | <b>1</b> Joslin Self-Management Diabetes education (Day 2) 10am-1pm<br>Highmark® Discover Relaxation Within <sup>SM</sup> I (DRW <sup>SM</sup> I) begins 6pm ☎<br>Zumba 6pm ☎ | <b>2</b>  | <b>3</b> Blood Drive 10am-2pm  |
| <b>4</b>   | <b>5</b> Healthcare Provider Renewal CPR 5-8pm \$30 ☎<br>EWFL <sup>SM</sup> I ends 6pm  | <b>6</b> Tai Chi 6-week series begins 10am \$30/series ☎<br>Zumba 6pm  | <b>7</b>  | <b>8</b> DRW <sup>SM</sup> I 6pm<br>No Zumba tonight  | <b>9</b> Infant CPR and Safety  6-9pm.<br>Register at 412-578-7271 | <b>10</b> Safe Sitter (Day 1) \$50 1-5:30pm ☎<br>   |
| <b>11</b> Safe Sitter (Day 2) 1-5:30pm   | <b>12</b> Lumbar Spinal Stenosis w/ Dr. Michael Casey 6pm ☎<br><b>Columbus Day</b>             | <b>13</b> Tai Chi 10am Osteoporosis w/Dr. Kathy Galla-Elizeus 4pm ☎<br>Bone Health & Nutrition w/AKMC Dietitian 5pm ☎<br>Zumba 6pm ☎                   | <b>14</b> Blood Drive 4-8pm  | <b>15</b> DRW <sup>SM</sup> I 6pm<br>No Zumba tonight   | <b>16</b>   | <b>17</b> Heartsaver AED/CPR 8am-12pm \$35 ☎<br>Healthcare Provider CPR \$50 1-6pm ☎<br><b>Heart Walk</b>  |
| <b>18</b>  | <b>19</b> Highmark® Eat Well for Life <sup>SM</sup> II 4-week series begins 6pm ☎   | <b>20</b> Tai Chi 10am Joslin Self-Management Diabetes education series (Day 1) 5-8pm Register at 724-367-2400<br>Zumba 6pm ☎                          | <b>21</b> Depression: The Facts w/ Dr. Hari Vemulapalli 6:30pm ☎  | <b>22</b> Highmark Senior Products® 10am & 1pm<br>DRW <sup>SM</sup> I ends 6pm<br>Zumba 6pm ☎   | <b>23</b> Flu Shot clinic 11am-3pm ☎                               | <b>24</b> Women's Health Fair & Fashion Show 10am-3pm. <br>Health screenings, lectures & much more! |
| <b>25</b><br>~Closed~  | <b>26</b> AARP Safe Driving 2-Day Course (Day 1) \$12/AARP members \$14/Non-members 10am-2:30pm ☎<br>Heartsaver First Aid with CPR/AED \$45 5-10pm ☎<br>EWFL <sup>SM</sup> II 6pm | <b>27</b> AARP Safe Driving 2-Day Course (Day 2) 10am-2:30pm<br>Tai Chi 10am<br>Joslin Self-Management Diabetes education (Day 2) 5-8pm<br>Zumba 6pm ☎ | <b>28</b> Mills Trick-or-Treat 6-8pm<br>Alzheimer's Support Group 7pm ☎   | <b>29</b> Discover Relaxation Within <sup>SM</sup> II (DRW <sup>SM</sup> II) 4-week series begins 1pm ☎<br>Zumba 6pm ☎  | <b>30</b> Humana Medicare Informational Sessions: 10am & 11:30am<br>Register at 1-866-836-7906  | <b>31</b> American Heart Association® Masquerade March 7:30am-10am ☎<br>                            |

Destination Wellness is a community health and wellness resource center sponsored by Alle-Kiski Medical Center.

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