

















# Destination Wellness <sup>SM</sup>

We're making shopping a healthy experience.

## February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Destination Wellness <sup>SM</sup> is located in the Pittsburgh Mills Mall in neighborhood 5, Entry 5   = call to register for events at (724) 274-5202.			<b>1</b> Eat Well for Life <sup>SM</sup> I (EWFL <sup>SM</sup> I) begins 11 am  Highmark Senior Products <sup>®</sup> Review 12:30 - 2:30pm. Register at 1-800-978-6590. <b>Free Lecture:</b> Build a Better Blood Pressure 6 pm 	<b>2</b> Drop 10 in 10 <sup>SM</sup> 6 pm	<b>3</b>	<b>4</b>  10 am - 2 pm
<b>5</b> <b>American Heart Month</b> 	<b>6</b> Tai Chi ends 7 pm	<b>7</b> Highmark Senior Products <sup>®</sup> Review (2 sessions) 10 am - 12 pm & 12:30 - 2:30 pm. Register at 1-800-978-6590.	<b>8</b> EWFL <sup>SM</sup> I 11 am	<b>9</b> Drop 10 in 10 <sup>SM</sup> 6 pm	<b>10</b> 	<b>11</b> Healthcare Provider CPR Renewal 9am - 1 pm \$30  Healthcare Provider CPR 2 - 7 pm \$50 
<b>12</b>	<b>13</b> Heartsaver First Aid w/ CPR & AED (Part 1) 5 - 8 pm \$50 for both parts 	<b>14</b> 	<b>15</b> EWFL <sup>SM</sup> I 11 am Blood Drive 1 - 8 pm Heartsaver CPR & AED & Heartsaver First Aid w/ CPR & AED (Part 2) 5 - 8 pm \$35 	<b>16</b> Drop 10 in 10 <sup>SM</sup> 6 pm	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Discover Relaxation Within <sup>SM</sup> I (DRW <sup>SM</sup> I) 4-week series begins 6 pm 	<b>22</b> EWFL <sup>SM</sup> I 11 am ends	<b>23</b> Drop 10 in 10 <sup>SM</sup> 6 pm	<b>24</b> 	<b>25</b> Family & Friends CPR 9 - 11:30 am \$10 
<b>26</b>	<b>27</b> 	<b>28</b> DRW <sup>SM</sup> I 6 pm	<b>29</b> Alzheimer's Support Group 7 pm 	<b><u>Flu Shots Available</u></b> Walk-in: Monday through Saturday \$25/ person under 65 Must be 18 years or older. Insurance coverage for 65 and over must be verified.		



ALLEGHENY VALLEY HOSPITAL

Destination Wellness <sup>SM</sup> is a community health and wellness resource center sponsored by Allegheny Valley Hospital.  
 Visit us at: [www.akmc-dw.com](http://www.akmc-dw.com)