



Eat Well For LifeSM I

A 4-week program that helps champion optimal health, vitality and long-term weight management through the power of good nutrition. Get easy meal planning tools, smart shopping strategies (including a grocery store tour!), and learn healthy ways to cook great tasting foods.

Upcoming Programs:

Mondays

Sept 27 – Oct 18, 2010

6 – 7:30 pm

McCormack Center 2nd floor Conference Room
on City Hospital's Campus

Instructor: Joan Starliper, MS, RD, LD

*Personal Nutritional Coaching is also available
for Mountain State Blue Cross Blue Shield
members.*



Discover Relaxation WithinSM I

A 4-week lifestyle improvement program that helps manage everyday stress through practical relaxation techniques and innovative stress management strategies.

Upcoming Programs:

Thursdays (6 weeks)

Oct 7 – Nov 11, 2010

12 noon – 1 pm

Meeting Room I

Main Building, City Hospital

Instructor: Karen Shepherd

Thursdays

Oct 28 – Nov 18

6 – 7:30 pm

McCormack Center 2nd floor Conference Room
on City Hospital's Campus

Instructor: Karen Shepherd, CYT



Drop 10 in 10

Drop 10 in 10[®] is an exciting 10-week weight management program designed to help participants lose 10 pounds or 10 percent of their weight through a program of balanced nutrition, sensible activity and meaningful lifestyle changes. Participants receive an information packed **Drop 10 in 10 Participant Kit**, which includes a *Drop 10 in 10 Guide Book*, *Daily Food and Fitness Journal*, tape measure and resistance band all in a convenient Drop 10 in 10 cinch bag. (A program materials fee applies.)

Upcoming Programs:

Wednesdays

Sept 22 – Dec 1, 2010

(skip week of Thanksgiving)

6 – 7pm

McCormack Center, 2nd floor conference room
on City Hospital's Campus

**Instructors: Joan Starliper, MS, RD, LD
& Dana DeJarnett, MS**



WVU-East is proud to be an approved site to offer these comprehensive wellness programs developed by Mountain State Blue Cross Blue Shield's Preventative Health Network.

The programs outlined in this brochure are open to the general public.

Cost for each program is \$60.00, with the exception of The Spectrum and Drop 10 in 10 programs. Please call for more information.

Discounts are provided for persons with InforMed Insurance and members of The Wellness Center. **The programs are available free of charge to Mountain State Blue Cross Blue Shield members.**

For more details or to register, call 304-264-1287, ext. 1814, or email ddejarnett@cityhospital.org

Interested participants should pre-register the Friday before the class series of choice.



Wellness Where You LiveSM
Preventive Health Alliance

Our Advanced Programs...

Eat Well For LifeSM II

For persons who have completed the initial Eat Well For Life series, this advanced 4-week class series provides new insights on maximizing your energy with good nutrition and gives you the inside scoop on balanced meal planning, dining out, listening to your body and making the connection between mood and food.

Upcoming Program:


Tuesdays
Oct 5 – 26
5:30 – 7 pm
3rd Floor Classroom
Jefferson Memorial Hospital

Instructor: Carolyn Sagle, RD, LD

Discover Relaxation WithinSM II

For persons who have completed the initial Discover Relaxation Within series, this advanced program explores additional ways to integrate relaxation, time management, self-insight and creative skills into your life.

Upcoming Program: To be determined



The Spectrum,
A scientifically proven program to feel better, live longer, lose weight and gain health based on the best selling book by Dr. Dean Ornish.

Mondays, Oct 25 – Nov 29, from 6 – 8 pm
McCormack Center 2nd Floor Conference Room on City Hospital's Campus

For program details or insurance coverage information, call 304-264-1287, ext. 1814.

Healthy Lifestyle Programs for a Healthier You! Fall 2010

