



Eat Well For LifeSM

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

October 3–24, 2011

6 – 7:30 pm

McCormack Center, 2nd Floor
Conference Room

on City Hospital's Campus

Instructor: Joan Starliper, MS, RD, LD

Tuesdays

November 1–22, 2011

5:30–7:00 pm

1st Floor Conference Room
Jefferson Memorial Hospital

Instructor: Carolyn Sagle, RD, LD



Discover Relaxation WithinSM

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

Upcoming Programs:

Mondays

November 7– December 5, 2011

(skip week of Thanksgiving)

6–7:30 pm

McCormack Center, 2nd Floor
Conference Room

On City Hospital's campus

Instructor: Karen Shepherd, CYT

Wednesdays

October 5–26, 2011

6 – 7:30 pm

1st Floor Conference Room
Jefferson Memorial Hospital

Instructor: Kara Combs, MPH, CHES



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. (An \$18 program materials fee applies to all.)

Upcoming Programs:

Tuesdays

September 27– December 6, 2011

(skip week of Thanksgiving)

6 – 7:00 pm

McCormack Center, Suite 2500
on City Hospital's Campus

Instructors: Joan Starliper, MS, RD, LD
Dana DeJarnett, MS
Kara Combs, MPH, CHES

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



WVUH-East is proud to be an approved site to offer these comprehensive wellness programs developed by Highmark 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 WVUH-East/City Hospital/Jefferson Memorial Insurance Coverage and members of The Wellness Center.

The programs are available free of charge to Highmark Blue Cross Blue Shield members. (Drop 10 in 10 has an \$18 materials fee that applies to all)

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



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

Thursdays

Nov 3–Dec 15, 2011

(skip week of Thanksgiving)

6 – 8 pm

McCormack Center, Suite 2500
on City Hospital's Campus

Instructors:

- Kara Combs, MPH, CHES
- Brian White, CES
- Joan Starliper, MS, RD, LD
- Donna Cobean, LICSW, CCAC, CCJP
- Karen Shepherd, CYT

Program Fee \$240. All or partially covered for those who meet eligibility requirements with Highmark Blue Cross Blue Shield, WVUH-East, City Hospital, Jefferson Memorial or PEIA Insurance.

For program details or insurance coverage information, call

304-264-1287, ext. 1814

or email ddejarnett@cityhospital.org

Healthy Lifestyle Programs for a *Healthier You!*

Fall 2011

