

Fitness

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.



Wellness Where You Live™
Preventive Health Alliance

Wellness Programs

ALL PARTICIPANTS MUST PRE-REGISTER

CLASS/PROGRAM	DESCRIPTION	DATES/TIMES LOCATION	FEES
Personal Nutritional Counseling	Available for individuals specifically seeking nutrition counseling related to weight management, heart health and diabetes. The goal of Personal Nutrition Coaching is to provide a nutrition plan based on individuals needs and provide you with resources and recommendations.	By appointment only! Call 898-3102, ext. 36, or jbook@hempfieldrec.com to schedule.	1 Hour; \$60 ½ Hour; \$30 Highmark Medical Insurance Members FREE!
#11455 Drop 10 in 10	Group-based 10-week weight management program designed to help participants lose 10 pounds or 10 percent of their body weight through and intensive program of optimal nutrition, exercise, and behavior change.	Thursdays Jan.19–March 22 6:30 p.m. Conf. Rm. D	\$101R \$111NR Highmark Medical Insurance Members FREE! \$18 Materials fee due at registration. (All participants.)
#11456 Eat Well For Life I	A 4-week lifestyle improvement program promoting wellness and long-term weight management through nutrition, physical activity and stress management. Learn how to make healthy food and lifestyle choices for a balanced lifestyle and long term weight management.	Thursdays April 26–May 17 6:30 p.m. Conf. Rm. D	\$80R \$90NR Highmark Medical Insurance Members FREE!
Health on the Menu #11458 Simply Sensible Nutrition	Join us for a refreshing wellness workshop, and discover some simple ways to improve your eating habits with Simply Sensible Nutrition. Learn how to simplify your life to build a plan for better nutrition with sensible sizing tips and practical changes that everyone can do.	Wednesday January 25 7:00 p.m. Conf. Rm. D	FREE! Please Pre-Register
Health on the Menu #11459 Heart Health And Cholesterol	High blood cholesterol is one of the major risk factors for heart disease, affecting almost half of the adult population in the U.S. In ALL ABOUT: Heart Health and Cholesterol, you'll learn to "know your numbers" and discover what steps you can take to protect your heart, whether you are trying to manage or prevent heart disease and high blood cholesterol.	Wednesday February 22 7:00 p.m. Conf. Rm. D	FREE! Please Pre-Register
Health on the Menu #11460 What's On Your Plate?	Join us for a wellness workshop and take an in-depth look at why we eat what we eat with What's On Your Plate? Healthy eating doesn't require measuring cups, scales and calorie counters. Explore how to use simple tools for planning a better plate with no fuss and frustration.	Wednesday March 28 7:00 p.m. Conf. Rm. D	FREE! Please Pre-Register
Health on the Menu #11461 Fill Up With Fiber	Are you getting enough fiber in your diet? Join us for a wellness workshop, Fill Up With Fiber, to find out about the benefits of dietary fiber, recommended daily intake, food sources and sample menus. Learn how to use food labels to increase your fiber intake, as well as easy tips for incorporating more fiber into your diet.	Wednesday April 25 7:00 p.m. Conf. Rm. D	FREE! Please Pre-Register

If you have HEALTH AMERICA/HEALTH ASSURANCE insurance, ask your provider about reimbursement for these classes/programs!