

# Fitness

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

## 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.	By appointment only!  Call 898-3102, ext. 36, to schedule.	1 Hour; \$60 ½ Hour; \$30  Highmark Medical Insurance Members FREE!
#9659 (NEW) 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.	Jan. 14–March 18 Thursdays 6:30–7:30 p.m. Conf. Rm. D	\$85 R/\$95 NR Highmark Medical Insurance Members FREE! \$16 Materials fee for all participants due first day of class.
#9655 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.	Jan. 12–Feb. 2 Tuesdays 6–7:30 p.m. Conf. Rm. D	\$50 R/\$60 NR Highmark Medical Insurance Members FREE! \$15 Materials fee for Non Highmark due first day of class.
#9656 Eat Well For Life II	Follow-up class to Eat Well For Life I	Feb. 16–March 9 Tuesdays 6–7:30 p.m. Conf. Rm. D	\$50 R/\$60 NR Highmark Medical Insurance Members FREE! \$15 Materials fee for Non Highmark due first day of class.

# Fitness

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

## Wellness Programs



ALL PARTICIPANTS MUST PRE-REGISTER

CLASS/PROGRAM	DESCRIPTION	DATES/TIMES LOCATION	FEES
#9657 Diabetes Awareness and Prevention	A group based program designed to help establish healthy habits and help prevent or manage diabetes and its complications.	March 23–April 13 Tuesdays 6–7:30 p.m. Conf. Rm. D	\$50 R/\$60 NR Highmark Medical Insurance Members FREE! \$15 Materials fee for Non Highmark due first day of class.
#9658 Discover Relaxation Within I	Lifestyle improvement program designed to identify and reduce individual stressors through learned relaxation techniques.	March 4–25 Thursdays 6:30–8 p.m. Conf. Rm. A	\$50 R/\$60 NR Highmark Medical Insurance Members FREE! \$15 Materials fee for Non Highmark due first day of class
#9660 NEW Get Moving Workshop	How to start a safe, effective and comprehensive exercise program.	Jan. 11 Monday 6:30–7:30 p.m. Conf. Rm. D	FREE!
#9661 NEW Fill Up With Fiber Workshop	Are you getting enough fiber in your diet? To find out about the benefits of dietary fiber.	Feb. 8 Monday 6:30–7:30 p.m. Conf. Rm. D	FREE!
#9662 NEW Stress Resilient Nutrition Workshop	Learn how to make better food choices to nourish the body and mind.	March 8 Monday 6:30–7:30 p.m. Conf. Rm. D	FREE!