

Lifestyle improvement programs right in your neighborhood...

Wellness Where You LiveSM

Preventive Health Alliance



A perfect fit...

Personal Nutrition CoachingSM

A one-on-one counseling service with a registered dietitian helps you to make healthy lifestyle and nutrition choices to address weight management, heart health or diabetes.

By appointment only
Call 724-981-6950 to Schedule



Choose less. Live more...

Drop 10 in 10SM

Make the commitment and discover how to lighten your life with **Drop 10 in 10**. This innovative weight management program shows you how to add a healthy balance to your life with the power of ten.

Start Date: 3-3-11

Day: Thursday's

Time: 1:30 - 2:30 p.m.

Groups of 6 or more can set up a private class at the time and day of their choice



Better living...not dieting...

Eat Well for LifeSM I and II

Discover easy meal planning tools, smart shopping strategies, healthy ways to cook great-tasting foods and the connection between mood and food. Acquire a new taste for better eating and wellness to last a lifetime.

Start Date: Begins every 1st
Wednesday of the month
Time: 12:00 – 1:00 p.m.



Let go of stress, take hold of life...

Discover Relaxation WithinSM I and II

Learn to manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, to visualization, to progressive muscle relaxation and humor therapy, you'll acquire effective tools to deal with stress.

Start Date: Begins is 1st Wednesday of
the month
Time: 1:00 – 2:00 pm



Your health is worth one more try...

Clear the AirSM

Clear the Air is the step you take BEFORE deciding to quit tobacco. It empowers you to identify your reasons for quitting and gives you the tools you need to quit for good.

By appointment only
Call 724-981-6950 to Schedule



Serving up better health through education...

Health on the MenuSM

Health on the Menu is a series of one-hour wellness workshops that promote healthy lifestyles and taking an active role in your own health.

Start Date: 3/2/11
Day: Wednesday
Time: 12:00 – 1:00 p.m.

Call and register today!
724-981-6950

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