



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:

Wednesdays
January 6–27, 2010
5:30–7:00 pm
3rd Floor, Classroom A
Jefferson Memorial Hospital

Mondays
January 18–February 8, 2010
6–7:30pm
McCormack Center 2nd Floor Conference Room
on City Hospital's Campus

Thursdays (6 weeks)
February 18–March 25, 2010
12noon–1pm
Meeting Room 2
Main City Hospital Building



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:

Thursdays
February 11–March 4, 2010
6–7:30 pm
McCormack Center, Suite 2500
on City Hospital's Campus

Mondays (6 weeks)
Feb 22–March 29, 2010
12noon–1pm
Meeting Room 2
CHI Main Building

Thursdays
March 11–April 1, 2010
6:00 – 7:30 p.m.
3rd Floor, Classroom A
Jefferson Memorial Hospital



Osteoporosis Prevention

Osteoporosis is a major public health threat for an estimated 44 million Americans, or 55% of people 50 years or age or older. This 6-week lifestyle improvement program focuses on helping participants learn to make healthy choices to improve bone health and prevent or manage osteoporosis. Program components include an overview of osteoporosis, nutrition education, a cooking demonstration, strength training exercises, medication options and stress management.

Upcoming Program:

Thursdays
March 18–April 29, 2010 (skip April 8)
6:00 – 8:00 p.m.
McCormack Center, Suite 2500
on City Hospital's Campus

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



WVUH-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.

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:

Mondays
April 19–May 10, 2010
6–7:30pm
McCormack Center, 2nd Floor Conference Room on City Hospital's Campus

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:

Wednesdays
April 21–May 12, 2010
6:00 – 7:30 p.m.
McCormack Center, Suite 2500 on City Hospital's Campus



We are also offering **The Spectrum**,
A scientifically proven

program to help participants feel better, live longer, lose weight and gain health.

Feb 22–Mar 29, from 6 – 8 p.m.

McCormack Center 2nd Fl Conference Room

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

Tools to Help You Achieve a Healthier Lifestyle...



Winter/Spring 2010 Schedule