



# The Spectrum

FINDING YOUR OPTIMAL HEALTH



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

This 6-week lifestyle improvement program can be tailored to suit almost anyone.

Learn your place on the **Spectrum of Health** and how your **health behaviors** can impact your **total well being** for now...and for the future. We'll explore the **Nutrition Spectrum**, **Exercise Spectrum**, **Stress Management Spectrum** and **Social Support Spectrum**.

Learn valuable tools and information to **find your optimal health**.

Classes begin:

**Feb 22, 2010**

**Mondays, 6-8pm**

Registration is limited.

Call

**304-264-1287, x1814**

or email

**[ddejarnett@cityhospital.org](mailto:ddejarnett@cityhospital.org)**

to register or for more information.

**Cost of Program: \$240**

*(Highmark, MSBCBS, InforMed & PEIA cover part  
or all of program cost for those who qualify)*

*Enrollment Deadline February 12*