




AUGUST 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Destination Wellness "DW" is located in the Galleria at the Pittsburgh Mills in neighborhood 5, Entry 5 ☎ = call to register for events at (724) 274-5202 Eat Well for Life I (EWFLI): 4 week series from 3-4:30 p.m., Mondays starting August 12. Free for Highmark members; \$60 for non-members. Call to register.					1 Heartsaver AED/CPR 5-9pm \$35 ☎	2 Blood Drive 10am-2pm
3  Friendship Day	4 Zumba 6pm \$5/class ☎ 	5	6 Bipolar Support Group 6pm ☎	7 Safe Sitter (Day 1) 9am-1:30pm \$50 ☎ Healthcare Provider CPR Renewal 5:30-8pm \$30 ☎	8 Safe Sitter (Day 2) 9am-1:30pm	9 Lamaze 9am-5pm. Register at 412-578-7271 Childhood Obesity Awareness Health Fair 10am-2pm
10	11 Zumba 6pm \$5/class ☎ Birthing with an Epidural 6:30-9pm. Register at 412-578-7271	12 Humana Osteoarthritis 1:30pm ☎ Highmark's Eat Well for Life I (EWFL I) series begins 3pm ☎	13 Blood Drive 4-8pm	14  Borders Lecture: Brown Bag Lunch Makeover with RD Amy Helke 7pm ☎	15	16
17	18 Zumba series ends 6pm \$5/class ☎	19 EWFL I 3pm Doc Talk: Cataracts lecture w/ Dr. Krasinsky 6pm ☎	20 Doc Talk: Female Stress Incontinence w/ Dr. Singh 6pm ☎	21 Safe Sitter (Day 1) 9am-1:30pm \$50 ☎	22 Safe Sitter (Day 2) 9am-1:30pm Heartsaver First Aid w/ CPR/AED 5-9:30pm \$45 ☎	23
24 31	25	26 EWFL I 3pm (off-site)	27 Blood Drive 9am-1pm Alzheimer's Support Group 7pm ☎	28	29 Prenatal Breastfeeding 6-9pm. Register at 412-578-7271	30 BLS for Healthcare Provider CPR 12-5pm \$50 ☎

Destination Wellness is a community health and wellness resource center sponsored by Alle-Kiski Medical Center.
 Visit us at: www.akmc-dw.com