

HIGHMARK



Eat Well for Life I (4 classes)

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Sun., 3:30-5 p.m., Jan. 10-31

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#11124)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Eat Well for Life II w/Mary Jo (4 classes)

The second level of the lifestyle improvement program promoting nutrition, physical activity and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Sun., 3:30-5 p.m., Feb. 28-Mar. 21

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#11125)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gigi (6 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Wed., 10-11 a.m., Feb. 10-Mar. 17

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11091)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I w/Gary (4 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Wed., 7-8:30 p.m., Jan. 13-Feb. 3

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11133)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Trivia #6: For many years, Watercolor Painting Class of the Parks and Rec. Department featured a well-known local artist — who was it?

ADULT ARTS & CRAFTS

Drop 10 in 10 w/Lynn (10 classes) NEW

An exciting program designed to help you lose 10 lbs. of body weight in 10 weeks through a progressive program of optimal nutrition, exercise and behavioral changes. No use of gimmicks, pills or potions!

Dates: Mon., 11-12 a.m., Jan. 11-Mar. 29

Location: Friendship Center, Conf. Room

Fee: \$55R/\$60NR/\$50M (#11144)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Jan. 12-Mar. 16

Location: Friendship Center, Room 106

Fee: \$80R/\$85NR/\$65M (#11100)

Tatting w/Judy (6 classes) NEW

A knitting technique that is completed with a tatting shuttle. Simply a basic knot repeated over and over. Very easy. Call for supply list.

Dates: Monday, 10-11 a.m., January 11-Feb. 15 (#11088)*

OR-Thurs., 6-7 p.m., January 14-Feb. 18 (#11087)

Location: Friendship Center, Room 106/* Conf. Room

Fee: \$50R/\$53NR/\$40M

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is Dec. 28.**

Date: Tuesday, 7-9 p.m., January 5

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (#11099)

