

For Immediate Release
August 10, 2010

THE PATH TO MEDITERRANEAN WELLNESS
Leads Right Through Sewickley
(and is lined with chocolate!)

PITTSBURGH, Penna. - HealthSouth Rehabilitation Hospital of Sewickley, located at 303 Camp Meeting Road (next to The Watson Center) is bringing the 8-week Mediterranean Wellness program to Sewickley area residents.

To kick off this program, Dr Will Clower is giving **FREE** "**Chocolate Eating Lessons**" on Thursday, September 23, 2010 from 6:30 – 7:30pm at HealthSouth Rehabilitation Hospital of Sewickley. This seminar is open to the public, and delivers the basic principles of the Mediterranean dietary approach. Godiva chocolate will be provided for each participant.

The Mediterranean Wellness curriculum is available in corporations, hospitals, and wellness centers around the country, and teaches the healthy eating behaviors of Mediterranean cultures. The program will be hosted by HealthSouth Sewickley beginning Thursday, September 30, 2010 and will continue every Thursday from 6:30-7:30 pm.

Each week, participants will meet for sessions consisting of the following:

- Learn What To Eat, and Pulling Your Sweet Tooth
- Prevent Portion Distortion
- Control Chronic Consumption
- Turn Down Your Appetite Thermometer
- Prevent Stress-Induced Over-consumption
- Add Activity
- Goal Setting and Planning For Long Term Success

This program is reimbursed 100% by some insurance (HealthAmerica, HealthAssurance, Advantra), and teachers receive Act 48 Credits for their participation.

The program will be delivered by cardiologist Dr. Brad Pifalo, along with Dr Will Clower, the award-winning author of *The Fat Fallacy*, *The French Don't Diet*, and Founder of The Mediterranean Wellness Programs. Participants will also be able to access all materials from their home computer.

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For more information or to register, call 412.363.5201
or visit www.willclower.com/MedWellness/index.php?section=register