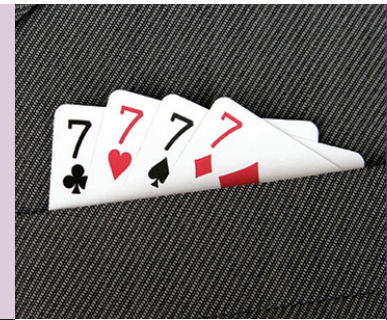




# Don't gamble with your health!



A "Lucky 7" interactive wellness event for the faculty and staff of the University of Pittsburgh



## The **Healthy Lifestyle** Experience



William Pitt Union Ballroom • Wednesday, March 19 • 11 a.m. to 2 p.m. • 1.866.647.3432



## Did you know that ...

- Smoking increases your chance of developing cancer almost anywhere in your body?
- Being overweight increases the chances of developing type 2 diabetes seven fold?
- Helpful relaxation methods like yoga or meditation can decrease your chance of developing cardiovascular disease?

Learn more about increasing your odds for better health by joining us for the seventh annual interactive wellness event — The Healthy Lifestyle Experience.

This event is free for all faculty and staff of the University of Pittsburgh. You will learn about community resources and opportunities that can help you achieve your greatest health, while at the same time helping you combat potential health risks. You'll also be able to take home information on programs that can help you improve and maintain your health.

Copyright 2014 UPMC Health Plan, Inc. All rights reserved.  
LS-PITT HLEXP7 PC C20140117-31 HL (RT) 2/18/14 700 SS



 LifeSolutions®


UPMC  
**MyHealth**

For more information, call *LifeSolutions* at

**1.866.647.3432** OR VISIT  
**[www.hr.pitt.edu/lifesolutions](http://www.hr.pitt.edu/lifesolutions)**

*LifeSolutions* provides free and confidential coaching, counseling, leadership consultation, and 24/7 emergency support to Pitt faculty and staff.

*LifeSolutions*  
U.S. Steel Tower, 8th Floor  
600 Grant Street  
Pittsburgh, PA 15219



**William Pitt Union Ballroom**  
**Wednesday, March 19**  
**11 a.m. to 2 p.m.**  
**1.866.647.3432**