



FOR IMMEDIATE RELEASE

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**Know your numbers, turn your health around:
Register now for '6 Weeks to a Healthier You'**

Program takes place one night per week from May 13 – June 17. Scholarships are available.

Knowing your numbers (cholesterol, glucose and more) can make you rethink what you eat and how active you are.

“When you don’t know your numbers, it’s easy to say, ‘oh that doesn’t impact me’ when listening to information about health,” Edmonds resident Julianne Thal said.

As one of the nearly 500 people who participated in 6 Weeks to a Healthier You last year, Julianne was disappointed when she learned her numbers.

“The numbers don’t lie,” she said. “I realized I should do more to improve my health, and because I knew my numbers and was getting great information from the program, I was able to see improvement by the end of the six weeks.”

The program Julianne referred to, 6 Weeks to a Healthier You with Joe Piscatella, is back in South Snohomish County this spring, and registration is currently open through April 26. Piscatella, a best-selling author and speaker on healthy lifestyles, facilitates the program.

It begins May 13 at the Lynnwood Convention Center, when participants in 6 Weeks to a Healthier You will begin learning about healthy eating, cooking, exercise, stress management and family support. The program runs one night per week for six consecutive weeks from 6:30-8 p.m., ending on June 17. It will focus on practical education, awareness and empowering individuals to make positive behavior changes, with a sprinkle of humor.

Critical components of the program are the biometric health screenings, which are done once before the first session and then again around session five, that help participants know their numbers. The screenings will be done by Swedish/Edmonds staff and nurses, and the results

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help participants better gauge their overall health at the beginning of the program and again toward the end.

“Last year’s group of participants decreased their total cholesterol by 13 points in six weeks, on average,” said Carl Zapora, superintendent of the Verdant Health Commission, which coordinates the program. “We’re thrilled with those results, and we hope even more people in our community will benefit from Joe’s insights and practical tips by signing up for the program this year.”

Joe Piscatella himself knows how hard it can be to improve your health. At 32 years of age, he underwent cardiac bypass surgery and was told he may not live to see his children graduate from high school. In the 35 years since, Piscatella has turned around his health through a balanced approach to food, fitness and stress management, and he will be sharing his tips and what he’s learned this spring.

“This program is about giving you the tools to make healthy changes for a lifetime...once and for all,” Piscatella said.

The program fee is \$49 per person, however, the value of the biometric screenings alone is \$100. Scholarships are available, and groups of 10 or more can receive a discounted rate. Complimentary on-site childcare is also provided. To register or learn more about the program, visit www.verdanthealth.org or call 425-582-8600.

Brought to South Snohomish County by the Verdant Health Commission, this program is supported by many community businesses and organizations, including: Swedish/Edmonds, PCC Natural Markets, Edmonds Boys & Girls Club, City of Edmonds, City of Lynnwood, City of Mountlake Terrace, Edmonds Community College, Edmonds School District, Fairwinds-Brighton Court, Fedelta Care Solutions, Harbor Square Athletic Club, Molina Healthcare, Premera Blue Cross, YMCA of Snohomish County and Dale Turner Family YMCA.

About the Verdant Health Commission:

The Verdant Health Commission funds a wide range of programs that empower people in South Snohomish County to make healthy decisions and get the care they need to stay well. For nearly half a century, we served the health needs of our community by managing the local community hospital. We are now focused on investing in innovative programs that will make a lasting impact on the health and well-being of South Snohomish County residents. *Verdant Health. Building a strong foundation for a healthy community.*