



QUOTE SHEET
May 30, 2009 City Island

NOTE: Highmark has provided the quotes below for inclusion in any press releases, newsletter articles or e-mail messages that you would like to distribute. Please attribute any quotes used to ***Charles Gladney, director of community program implementation and development at Highmark Blue Shield.***

“Highmark Blue Shield is proud to underwrite the expenses for the Walk for a Healthy Community. Our mission is to help individuals live longer, healthier lives and, by committing to this annual walk, we hope more people will join Highmark and these worthy organizations to raise money and make our community more active and healthier.”

“Highmark is dedicated to building stronger, more vibrant communities where families can lead healthy lives in a safe environment. Focusing on improving the community is one of Highmark’s core corporate values. The primary goal of the walk is to help participating organizations raise money for their individual missions. The secondary goal of the walk is to energize participants to have a greater hand in their own health. The Highmark Walk for a Healthy Community provides an outlet for active individuals to continue their exercise routines and provides motivation to encourage inactive individuals to become more physically active.”

“Our communities can only be as strong as our collective efforts. And Highmark recognizes that the combined efforts of many contribute far more than any of us can do alone. The Highmark Walk for a Healthy Community is just one way we can work together as a community to support important organizations that do so much in the places we call home.”

