

{ free wellness class schedule } summer-fall 2010

Registration Is Easy → CDPHP Web site: www.cdphp.com | CDPHP Wellness Line: (518) 641-4800 or toll free 1-877-986-2373

{ your view }

Take Our Wellness Class Survey

→CDPHP® is considering some changes to our program of free wellness classes and would like your feedback! What classes would you like to see?



Your
Opinion
Matters!

Share your ideas by going to www.cdphp.com/WellnessSurvey and taking a brief online survey.



Healthy Families

BodyWorks for Healthy Teens & Strong Families

with a CDPHP health educator

BodyWorks is designed to help parents and caregivers of teens ages 9 to 14 improve family eating and activity habits. Come meet with other parents and caregivers of young teens to get advice and free tools to help make small, specific behavior changes to prevent obesity and help maintain a healthy weight. Your teen may participate in some of the sessions. Together, you will receive a free toolkit including a video on healthy shopping and cooking strategies, a recipe book, food and fitness journals, and more!

This is an eight-part program.

CDPHP
500 Patroon Creek Blvd., Albany
Sept. 23, 30, Oct. 7, 14, 21, 28,
Nov. 4, 11, 6:30-8 p.m.

BodyWorks programming is also available in Ulster, and Dutchess

counties. For additional information, please contact Laurie Deutsch Mozian MS, RD, project director of the Community Heart Health Coalition of Ulster County, at (845) 338-2500, ext. 4061 or lmozian@kingstonhospital.org.

Cooking on a Budget with Cornell Cooperative Extension

Can you afford to eat healthy foods? Can you be a good cook for your family and frugal at the same time? Yes, you can! Learn how to put some money-saving tips and healthy recipes to work for your family. Hands-on food preparation and sampling included.

Whitney Young Health Center
920 Lark Drive, Albany
Oct. 19, 10-11:30 a.m.

Cornell Cooperative Extension
61 State St., Troy
Oct. 28, 11:30 a.m.-1 p.m.

Schenectady Home Town Health
1044 State St., Schenectady
Oct. 20, 10-11:30 a.m.

Fitness for Pregnancy with certified instructor Teresa Burke

Physical activity offers many benefits to both mother and baby. This program uses a variety of balance, strength, flexibility, and breathing exercises to improve circulation, keep weight gain under control, reduce the risk of pregnancy complications, and prepare the body for labor.

This is a three-part program.

HealthPlex Fitness Center
1673 Route 9, Clifton Park
Aug. 10, 17, 24, 7-8 p.m.

Schenectady Jewish Community Center
2565 Balltown Road, Schenectady
Oct. 4, 11, 18, 6:45-7:45 p.m.

Guided Nature Hike with Five Rivers instructor

Enjoy a walk through a beautiful natural setting, getting some physical activity while learning about plants and animals. Fun for the whole family.

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Five Rivers Environmental
Education Center
56 Game Farm Road, Delmar
Sept. 11, 10-11 a.m.
Oct. 9, 10-11 a.m.

Surviving Empty Nest Syndrome with Laura A. Hunt, LACSW

Are your children all grown up and out of the house? It's time to think about you now! Learn survival tips for you and your loved one as you transition to this new chapter of your life.

Pinnacle Behavioral Health
2nd floor, Suite 208
1 Pinnacle Place, Albany
Sept. 14, 6:30 -8 p.m.

Youth KickFit with certified instructor Eliana Roque

This fun-filled class is designed to help boys and girls ages 9 to 14 develop stronger and healthier bodies. The class begins with a fun group activity followed by a basic aerobic workout that mimics kickboxing and sports conditioning, ending with light stretches.

This is a two-part program.

Colonie Community Center
East Lounge
1653 Central Ave., Colonie
Sept. 15, 22, 6:15-7:15 p.m.

Senior Health

Pack Your Bag: Medication Checkup with CVS pharmacists

Learn how to manage your medications and save money! Attend a brief presentation on the ABCs of medication management, followed by a confidential one-on-one consultation with a trained

CVS pharmacist. Pharmacists will review prescription and non-prescription medications, offer advice on best practices, and answer any questions.

**Sign-up sheets for one-on-one medication consultation appointments will be available at the registration table on the day of the program. Appointments will be on a first-come, first-served basis. Please bring your prescription bottles and non-prescription medicines to review with a pharmacist.*

Albany Jewish Community Center
340 Whitehall Road, Albany
Oct. 4, 10:45 a.m.-12:15 p.m. (follows SilverSneakers® class)

YMCA of Saratoga Springs
290 West Ave., Saratoga Springs
Oct. 20, 12:15-1:45 p.m. (follows SilverSneakers® class)

Health Education

Gain Control of Your Diabetes with a CDPHP health educator

Learn how to gain control of your health through good nutrition, increased physical activity, balancing emotional challenges, and managing your A1C, blood pressure, and cholesterol numbers.

This is a three-part program.

HealthPlex Fitness Center
1673 Route 9, Clifton Park
Sept. 15, 22, 29, 1-2 p.m.

Release the Pressure with a CDPHP health educator

You can do it! Step-by-step recommendations for achieving a healthier lifestyle while preventing or managing high blood pressure. Motivation and education for those individuals ready

to take control of their cardiovascular health.

This is a three-part program.

Colonie Community Center
East Lounge
1653 Central Ave., Colonie
Aug. 11, 18, 25, 5-6 p.m.

Community Care Schodack
81 Miller Road, Castleton on Hudson
Oct. 7, 14, 21, 5:30-6:30 p.m.

Smoking Cessation Seton Health's The Butt Stops Here

CDPHP is proud to partner with Seton Health to offer The Butt Stops Here smoking cessation program.

Contact Debbie Keefe at (518) 459-2550 or e-mail dkeefe@setonhealth.org.

New York State Smokers' Quitline

For more information about smoking cessation, you can also call the New York State Smokers' Quitline at 1-866-697-8487 or the National Quitline at 1-800-784-8669.

Weigh 2 BeSM with a CDPHP health educator

Take control of your weight and health and develop a realistic personal plan for lasting weight loss. By making lifestyle changes, you can feel better. We will look at behavior modification, nutrition, and physical activity. Includes a weekly weigh-in.

This is a six-part program.

Carondelet Pavilion Auditorium
427 Guy Park Ave., Amsterdam
Sept. 30, Oct. 7, 14, 21, 28,
Nov. 4, 5:30-6:30 p.m.

Weigh-ins start at 5 p.m.

Wellness

Intro to Meditation

with **Judith A. England, RN, LMT**

Slow your mind, slow your thoughts, slow yourself down! Reduce stress, increase your health! Traditional meditation techniques can help balance today's hectic lifestyles. Please bring a mat, blanket, or cushion. This is a three-part program.

Terrace at Beverwyk
41 Beverwyk Drive, Slingerlands
Oct. 5, 12, 19, 6:30-8 p.m.

Living Well With Chronic Illness

with **Laura A. Hunt, LACSW**

Are you living with, or caring for, a loved one with a chronic illness like diabetes, heart disease, cancer, arthritis, COPD, or another long-term health issue? Learn to live a healthier lifestyle with chronic disease. We'll explore some of the emotional challenges of living with chronic illness and strategies for managing those challenges.

Pinnacle Behavioral Health
2nd floor, Suite 208
1 Pinnacle Place, Albany
Oct. 19, 6:30-8 p.m.

Nutrition

Join a nutrition educator from your local Cornell Cooperative Extension for healthy cooking classes. Register for one or both family-friendly classes in the series. Children age 10 and older are welcome to attend with their parent(s).

Downsizing Your Meals

Learn some easy shopping and preparation tips for putting together budget-friendly meals with healthy portions

you can really enjoy, whether you have a small or large family. Includes cooking and sampling!

Cornell Cooperative Extension
at the following locations:

50 West High St., Ballston Spa
Oct. 5, 6:30-8 p.m.

24 Martin Road, Voorheesville
Oct. 5, 6:30-8 p.m.

55 East Main St., Johnstown
Oct. 19, 6-7:30 p.m.

61 State St., Troy
Oct. 21, 5:30-7 p.m.

479 Route 66, Hudson
Oct. 27, 6:30-8 p.m.

Eat Your Vegetables!

Challenge the way you thought about vegetables in the past by trying different preparation techniques. Learn the best time to buy vegetables for the best flavor, and find out how to incorporate more vegetables into your day, maybe without even noticing too much!

Cornell Cooperative Extension
at the following locations:

61 State St., Troy
Aug. 12, 5:30-7 p.m.

50 West High St., Ballston Spa
Sept. 2, 6:30-8 p.m.

24 Martin Road, Voorheesville
Sept. 16, 6:30-8 p.m.

55 East Main St., Johnstown
Sept. 21, 6-7:30 p.m.

479 Route 66, Hudson
Sept. 22, 6:30-8 p.m.

Fitness

It is important to dress appropriately for all fitness classes. This includes comfortable clothing and proper footwear.

Buff Bridal Party

with **certified instructor Teresa Burke**

Get your bridal party into shape with a mix of boot camp, Pilates, and core training. HealthPlex will provide you the motivation and training to get into the best shape of your life for the most important day of your life.

This is a three-part program.

HealthPlex Fitness Center
1673 Route 9, Clifton Park
Aug. 5, 12, 19, 7-8 p.m.

Fitness for Diabetes

with **certified instructor Janice Pastizzo, MA**

Learn how exercise can help you manage your diabetes, control blood sugars, elevate mood, feel better about yourself, and increase overall health. Proper footwear, hydration, and pre- and post-exercise nutrition will be discussed. Simple exercises will be done in a chair. You will leave with the motivation to exercise every day.

This is a two-part program.

Colonie Community Center, Room 8
1653 Central Ave., Colonie
Oct. 7, 14, 5:30-6:30 p.m.

Intro to Kickboxing

with **certified instructor Irwin Rodriguez**

A fun exercise class especially designed for those who want to try a moderate-impact workout. Kickboxing provides a total body workout with the added benefit of strength conditioning.

{ did you know? }

How to Register for Wellness Classes

→ Register by going to www.cdphp.com. Click on “Wellness Resources” in the Member section of our home page. You may also call the CDPHP Wellness Line at (518) 641-4800 or toll free at 1-877-986-2373.

Please note: Appearance of a program in this schedule should not be interpreted as a medical endorsement by CDPHP. The benefits available through CDPHP contracts are administered separately and based on medical necessity and scientifically proven standards of care. All wellness class participants will be required to read and sign a release stating that they accept responsibility for any injury or medical condition that may result from their attendance.



The Fitness Center (Alpin Haus)
4852 State Hwy. 30, Amsterdam
Oct. 13, 6:30-7:30 p.m.

Intro to Pilates with certified instructor Janice Pastizzo, MA

Experience mind/body fitness that promotes core strength, flexibility, good posture, deep breathing, and total body relaxation. Learn the benefits of, and participate in, Pilates exercises for the abdominals, chest, back, buttocks, and hips.

This is a two-part program.

Colonie Community Center
1653 Central Ave., Colonie
Sept. 23, 30, 7-8 p.m.

Intro to Strength Training with certified instructor Irwin Rodriguez

You will learn proper strength training techniques, body form, and alignment as well as simple stretches to do after strengthening major muscle groups.

The Fitness Center (Alpin Haus)
4852 State Hwy. 30, Amsterdam
Sept. 15, 6:30-7:30 p.m.

Intro to Strength Training With Dynabands with certified instructor Janice Pastizzo, MA

In this class you will learn and participate in unintimidating resistance training exercises with the dynabands. You will learn proper strength-training techniques and simple post-workout stretches.

Colonie Community Center, Room 8
1653 Central Ave., Colonie
Oct. 7, 7-8 p.m.

Intro to Yoga with certified instructor Shannon Keyes

A system of exercises and postures for attaining physical, mental, and spiritual well-being.

This is a three-part program.

Greenbush YMCA
20 Community Way, East Greenbush
Sept. 11, 18, 25, 10-11 a.m.

Intro to Zumba with certified instructor Laurie Zimmershine

Ditch the workout, join the party! Zumba fuses hypnotic Latin and international rhythms with easy-to-follow moves to create a dynamic workout! This class takes the four basic Zumba rhythms to create a fun and effective workout.

Best Fitness, Inc.
911 Central Ave., Albany
Sept. 15, 7:15-8:15 p.m.

Best Fitness, Inc.
2330 Watt St., Schenectady
Oct. 8, 7:15-8:15 p.m.

On the Ball with certified instructor Janet Thomas

This is a basic stability ball class that will incorporate strength and core training for a total body workout using dumbbells and your own body weight.

AIM Fitness
6142 State Highway 12, Suite 2
Norwich
Sept. 23, 5:30-6:30 p.m.