{free wellness class schedule} spring - summer 2013

To Register → *Go to: www.cdphp.com or call: (518) 641-4800 or toll free 1-877-986-2373*

Healthy Families

Asthma Education
with Ellis Hospital

Improve asthma-management skills by learning about the asthma disease process, symptoms, common triggers, medications, and medication-delivery devices. Learn how to reduce the need for urgent care, ER visits, and hospital stays, and improve quality of life for both the patient and family members.

ELLIS HEALTH CENTER – CONFERENCE CENTER
600 McClellan St., Schenectady
May 7, 6–8 p.m.

Nature Hike
with Wilton Wildlife Preserve and Park

Come on out and take a walk! Not only will you get some exercise, you will also gain some knowledge of the geological history of the area. You may even catch a glimpse of the Karner Blue Butterfly!

WILTON WILDLIFE PRESERVE AND PARK
Camp Saratoga, Parking Lot #1
Scout Rd., Gansevoort
July 20, 10–11 a.m.
Or July 27, 10–11 a.m.

Nutrition for Families with Children Living with Type 1 Diabetes
with Melissa Stopera, RD

This program for families of children and teenagers with Type 1 diabetes will cover common challenges and recommendations to optimize nutrition to achieve better blood glucose control. The course takes a preventive approach, incorporating dietary principles that aim to reduce the risk of long-term diabetes-related health complications.

GUILDERLAND PUBLIC LIBRARY
2228 Western Ave.,
Guilderland
May 16, 6–7 p.m.

Raising Healthier Children While De-stressing Your Life
with Dr. John Ferguson

If you are looking to prevent disease, de-stress your life, and live a wellness lifestyle with maximum immune and nerve function, this workshop is for you. The instructor will explore the potential physical, chemical, and emotional sources of stress for parents and children and healthy ways to address their cause to allow for proper development and optimal quality of life. This class is for parents only.

FERGUSON FAMILY CHIROPRACTIC
54 Crossing Blvd., Ste. H,
Clifton Park
July 29, 6:15–7:15 p.m.

Senior Health

Chair Yoga
with Shannon Keyes, CYT

This class is a gentle form of yoga practiced sitting in a chair, or standing using the chair for support. The benefits include increased body awareness, core strength, balance, and flexibility. Class is open to men and women of any age.

This is a two-part program.

KEY 2 JOY
Shaker Pine Plaza
145 Vly Rd., Suite 6, Niskayuna
June 13, 20, 1:30–2:30 p.m.

Golden Nia
with Joelle Lydon, CPC

Nia is user-friendly "movement medicine" for body and soul. It blends a cardio workout with global dance forms, yoga, tai chi, creative movement, and powerful imagery. Come and experience Nia and find out why this method of exercise has become so popular.

COLONIE COMMUNITY CENTER, AUDITORIUM
1653 Central Ave., Albany
July 9, 9–10 a.m.

Is There Stress in Your Senior Years?!
with Barbara Stevens, CHT

Caring for a loved one? Losing sleep because of worry? Dealing with a change in finances? There are many stressors we face as we reach the "silver" years. Participants will leave this 90-minute workshop with a better knowledge of how stress is affecting their lives, and proven techniques to move toward greater health and well-being. This class will follow a Silver Sneakers class.

MAC FITNESS
338 Plaza Rd., Kingston
July 8, 12:30–2 p.m.

Zumba Gold
with certified YMCA instructor

This class will emphasize the basics and is designed to take Latin and international dance rhythms from the original Zumba and bring them to the senior and beginner populations. It is easy to follow, and any age or fitness level can do it!

This is a three-part program.

YMCA OF KINGSTON AND ULSTER COUNTY
507 Broadway, Kingston
Mondays, July 8, 15, 22, 9:30–10:30 a.m.

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Health Education

Diabetes Education for Everyday Living
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 class will follow a Silver Sneakers class.

SARATOGA YMCA
290 West Ave., Saratoga Springs
June 26, noon–1 p.m.

Eating for Good Health
with a CDPHP health educator

Learn about the benefits of healthy eating, the difference between portion size and serving size, how to read food nutrition labels, and more.

This is a three-part program.

FORT MILLER GROUP
688 Wilbur Ave., Greenwich
Thursdays, June 13, 20, 27 5:30–6:30 p.m.

Living Healthy 6-week Workshop
sponsored by the Center for Excellence in Aging & Community Wellness – SUNY at Albany

This FREE workshop is designed for adults and/or their caregivers living with ongoing health conditions such as arthritis, high blood pressure, heart disease, depression, and/or pain. The workshop will help you feel better, be in control, and do the things you want to do! Learn practical ways to live better and healthier. For more information and to register call (518) 442-5529 or visit www.ceacw.org/calendar-of-events.

Living Healthy with Diabetes 6-week Workshop
sponsored by the Center for Excellence in Aging & Community Wellness – SUNY at Albany

This FREE workshop is designed for adults and/or their caregivers living with diabetes or pre-diabetes. Get tips for decision-making and problem-solving; maintaining a safe, long-term physical activity program; preventing complications; healthy eating; and communicating effectively with health professionals. For more information and to register call (518) 442-5529 or visit www.ceacw.org/calendar-of-events.

New York State Smokers' Quit Line

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

Release the Pressure
with a CDPHP health educator

Discover 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.

GLENS FALLS HOSPITAL
REHAB & WELLNESS CENTER – MULTI-PURPOSE ROOM
2 Country Club Rd., Queensbury
May 22, 5:30–7:30 p.m.

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 email dkeefe@setonhealth.org.

Weigh 2 Be
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.

CAPITAL COMMUNICATIONS FCU
18 Computer Dr. East, Albany
Tuesdays, May 7, 14, 21, 28
June 4, 11 5:30–6:30 p.m.
Weigh-ins start at 5 p.m.

Wellness

Dealing with Neck & Back Pain
with Tom Carroll, PT, MPT, CSCS

Chronic pain can interfere with your mood, activities, sleep, and productivity. This program will provide strengthening exercises to help prevent, manage, or reduce back and neck pain.

EXCEL PHYSICAL THERAPY
11831 Rte. 9W, West Coxsackie
June 19, 7:30–8:30 p.m.

Get Your Best Night's Sleep
with Barbara Stevens, CHT

Did you know that chronic sleep deprivation may harm health and affect your memory? Would you like to learn ways to get back to sleep when you wake up in the middle of the night? Explore ways to get a peaceful, revitalizing night's sleep.

SUNNYVIEW LIFESTYLE WELLNESS CENTER – CONFERENCE ROOM 1
1270 Belmont Ave., Schenectady
May 15, 5:30–7 p.m.

COARC
Prospect Place
65 Prospect Ave., Hudson
June 13, 5:30–7 p.m.

Loosen Up
with Adam McHugh, CSCS

Whether you have a sore foot or an aching back, this class can help you understand your body's mechanics and provide the tools to help prevent injury, improve joint performance, and resolve pain. Class is limited to 25 participants.

This is a three-part program.

- CROSSFIT SCHENECTADY
  203 Central Ave., Schenectady
  Mondays, May 6, 13, 20, 7–8 p.m.

Tai Chi
with certified instructor
Chris Syruda

Tai chi (Sun Style) is a class where you will learn 12 movement forms and help improve general health, concentration, balance, and quality of life. Tai chi has been used to ease stress and the limiting effects of diseases such as arthritis, chronic fatigue, and fibromyalgia. This is a progressive class, and all fitness levels are welcome.

This is a three-part program.

- KEY 2 JOY
  Shaker Pine Plaza
  145 Vly Rd., Suite 6, Niskayuna
  Mondays, June 3, 10, 17, 6:30–7:30 p.m.

The Art of Staying Healthy
with Joelle Lydon, CPC

This class will help you to understand the effects of stress on brain function, weight, sleep, and well-being. Learn some quick and easy techniques, including some changes you can make in your nutritional habits that can greatly reduce stress.

- COLONIE COMMUNITY CENTER – ROOM 8
  1653 Central Ave., Albany
  May 28, 6–8 p.m.

Nutrition

CDPHP is proud to partner with Cornell Cooperative Extension to offer Healthy Cooking Classes.

Microwave Magic
with Cornell Cooperative Extension

If you only use the microwave to reheat leftovers, you're missing out on a great way to cook up quick and wholesome summer meals without heating up the kitchen. This class will cover microwave food safety, and provide techniques for cooking many types of food successfully. Cooking and sampling will be included.

Cornell Cooperative Extension at the following locations:

- AGROFORESTRY RESOURCE CENTER,
  6055 Route 23, Acra
  June 5, 5:30–7 p.m.
- 24 Martin Rd., Voorheesville
  June 13, 6:30–8 p.m.
- 479 New York 66, Hudson
  June 19, 5:30–7 p.m.
- 50 West High St., Ballston Spa
  June 20, 6–7:30 p.m.
- 61 State St., Troy
  June 27, 5:30–7 p.m.

Unbeatable Breakfast
with Cornell Cooperative Extension

Tired of the same old breakfast, or not finding the time? Learn why breakfast is important, and get some new ideas to make it more interesting and doable even on busy weekdays. Make and sample several yummy and nutritious recipes, and leave with more ideas to try at home.

Cornell Cooperative Extension at the following locations:

- AGROFORESTRY RESOURCE CENTER,
  6055 Route 23, Acra
  May 8, 5:30–7 p.m.
- 50 West High St., Ballston Spa
  May 14, 6–7:30 p.m.
- 232 Plaza Rd., Kingston
  May 16, 5:30–7 p.m.
- 61 State St., Troy
  May 16, 5:30–7 p.m.
- 479 New York 66, Hudson
  May 22, 5:30–7 p.m.
- 24 Martin Rd., Voorheesville
  May 23, 6:30–8 p.m.

Cornell Cooperative Extension also offers other community nutrition programs, free for CDPHP members at various locations throughout the region. Go to www.ccecapitalregion.org for more information and to register.

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Veggie Mobile

CDPHP is a proud sponsor of the Capital District Community Gardens (CDCG) Veggie Mobile. This unique mobile produce van makes fresh, nutritious fruits and vegetables available to Capital District neighborhoods. To find a stop near you, go to www.cdcg.org/VeggieMobile.html!

Fitness

It is important to dress appropriately for all fitness classes. This includes comfortable clothing and proper footwear. We recommend bringing a towel and water.

Adult CrossFit
with certified instructor Joy Smolinski

Come join this great conditioning workout and burn lots of calories! CrossFit combines strength, cardio endurance, agility, balance, coordination, and flexibility. You will lift, row, run, jump, and perform many body weight exercises.

This is a three-part program.

CROSSFIT AND BEYOND
952 Broadway, Albany
Tuesdays, June 11, 18, 25, 7–8 p.m.

Boot Camp
with certified instructor Eileen Franko

This class offers a variety of full-body conditioning exercises and heart-pumping cardio drills to tone all of your muscles. Modifications will be offered for different fitness levels.

This is a two-part program.

THE PATRIZIO CENTER FOR THE ARTS
5 First Ave., Latham
May 16, 23, 7–8 p.m.

Intro to Yoga
with Karen Shaw, RYT

This class will welcome you into the mindful practice of yoga, an exploration of movement and breath that leaves you feeling revitalized, peaceful, and empowered. Through the sequencing of traditional yoga postures and attention to proper alignment, you will notice many health benefits including increased strength, improved range of motion, and a calmer state of mind. Class is limited to 15 participants.

THE BREATHING ROOM YOGA STUDIO
399 Kenwood Ave., Delmar
May 9, 9:30–10:30 a.m.
or May 15, 12–1 p.m.

Intro to Zumba
with a certified YMCA instructor

Ditch the workout, join the party! Zumba® fuses hypnotic Latin and international rhythms with easy-to-follow moves to create a dynamic workout! This introductory class will break down Zumba rhythms to create a fun and effective workout.

THE FULTON COUNTY YMCA
213 Harrison St., Johnstown
June 11, 4:30–5:15 p.m.

Nia
with Joelle Lydon, CPC

Nia blends easy-to-learn choreography with expressive, free form movement. This unique combination enhances precision, expression, and mindfulness. This class is adaptable for everybody, regardless of fitness level. Learn to develop cardiovascular conditioning, flexibility, strength, mobility, and balance by tuning into your body's messages.

COLONIE COMMUNITY CENTER, AUDITORIUM
1653 Central Ave., Colonie
May 14, 6–7:30 p.m.
or June 11, 6–7:30 p.m.

Pilates
with certified YMCA instructors

The Pilates method is a system of exercises focusing on core strength to help improve posture, balance, and flexibility and tone muscles. The exercises are geared toward strengthening the abdominals and lengthening the spine. All levels are welcome. Class is limited to 20 participants.

This is a three-part program.

GLENS FALLS FAMILY YMCA
600 Glen St., Glens Falls
Wednesdays, June 5, 12, 19 5:10–6:10 p.m.

YMCA OF KINGSTON AND ULSTER COUNTY
507 Broadway, Kingston
Tuesdays, July 9, 16, 23, 6:30–7:30 p.m.

PLEASE NOTE: All wellness class participants accept responsibility for any injury or medical condition that may result from their attendance.