Interested in bringing a buddy to a Health Education class? If they’re not a CDPHP member, you can register them by calling (518) 641-4800 or toll free 1-877-986-2373.

Eat Well for Heart Health
CDPHP Health Promotion Specialist
Join us to learn about the essentials of eating well for heart health, including how to read food labels and how food choices impact blood pressure and cholesterol levels.

- Crandall Public Library
  - Holden Room, 251 Glen Street, Glens Falls
  - Oct. 17, 5:30–6:30 p.m.

Live and Eat Well with Diabetes
Cornell Cooperative Extension
Learn about nutrition, meal planning, exercise, and how to understand common diabetes-related medical tests. Sessions include demonstrations about how to prepare meals that are healthy. You’ll also taste a variety of main dishes, side dishes, and desserts. This is a four-part program.

- Cornell Cooperative Extension, 24 Martin Rd., Voorheesville

Weigh 2 Be
CDPHP Health Promotion Specialist
Take control of your weight and health and develop a realistic, personal plan for lasting weight loss. We will look at behavior modification, nutrition, and physical activity. This is a three-part program.

- YMCA KidzLodge Early Learning Center
  - 47 Clifton Country Rd., Clifton Park
  - Sept. 18, Sept. 25, Oct. 2, 6:15–7:15 p.m.

Meditation Made Simple
Beth Sabo Novik, LMT, CH
Curious about meditation? Worried it’s going to be too hard or don’t know where to start? Come learn different styles and techniques of meditation and strategies for when and where to meditate.

- Wilton Medical Arts
  - 3040 Route 50, Saratoga Springs
  - Sept. 27, 5:30–7 p.m.

Relaxation Techniques
Barbara Stevens, CHT
Learn new ways to relax and find empowering ways to deal with stress in your life. You’ll leave this program armed with skills and ideas to turn your life around.

- Bethlehem Public Library, Community Room
  - 451 Delaware Ave., Delmar
  - Aug. 14, 6–7 p.m.

Change for Good
David Przybylo MS, CHES
This workshop provides you with a framework and tools needed to change for good. Whether your goal is to start a healthy habit, save money, perform better at work, or end self-defeating behavior, this workshop will help you implement positive personal change for life.

- Guilderland Public Library
  - Normanskill Room
  - 2228 Western Ave., Guilderland
  - Oct. 17, 6–7 p.m.

Restorative Yoga
Certified Instructor
Gentle yoga poses, supported by props, are combined with conscious breathing to turn on a relaxation response that reduces stress and directs the body's energy toward growth, healing, and self-nurturing. Come relax, restore, and revive yourself.

- Heartspace Yoga
  - 10 2nd Street, Troy
  - Oct. 20, 2–3 p.m.

Tai Chi
Gregg St. Clair LAc, MSTOM
This slow-moving exercise system is based on the principles of traditional Chinese medicine. Benefits include increased flexibility, strength, and balance.

- Southern Saratoga YMCA, Community Rooms A & B
  - 1 Wall Street, Clifton Park
  - Oct. 18, 6:30–7:30 p.m.

Healthy Store Tour: Good Carbs to Help Manage Weight and Diabetes
Patricia Schardt, MS, RD
Open to anyone interested in learning about healthy carbohydrate food choices to manage weight or diabetes. Learn tricks for using food labels, where to find low carbohydrate and healthy carbohydrate foods in the grocery store, and easy meals that can help you meet blood glucose or weight goals. Recipes and free samples will be provided.

- Hannaford Supermarket
  - 592-600 Columbia Tpke., Greenbush Fair Plaza, East Greenbush
  - Oct. 18, 5:30–6:30 p.m.
Heart Health Store Tour
Jahnavi Foster, CEC, LMT
Join our store tour to learn ways to support heart health with healthy food choices. Discover the many delicious foods that help give your heart a healthy boost and sample a taste of a heart-healthy dish.
► Mother Earth's Storehouse
300 Kings Mall Ct.,
Kingston
Oct. 6, 11 a.m.–12 p.m.

Introduction to Home Food Preservation*
Cornell Cooperative Extension
Learn about the various methods of home food preservation including water bath canning and pressure canning, plus dehydrating. Popular recipes will be provided.
► Cornell Cooperative Extension
50 W. High Street,
Ballston Spa
Aug. 2, 6–7:30 p.m.
*For additional dates and locations, visit www.cdphp.com/classes.

Venture into Vegetarianism
Capital Roots
What does it mean to eat vegetarian? This class will describe the basics and benefits of being a vegetarian. Whether you are looking to make the change to vegetarianism or just looking for a few more tasty veggie dishes, this class is for you!
► Capital Roots
594 River Street, Troy
Oct. 15, 6–7 p.m.

Fitness
For a full list of fitness classes, visit www.cdphp.com/classes.

Beginner Yoga
Certified Instructor
Perfect for those with little to no yoga background, our teachers will guide you to create a strong foundation for your yoga journey. Also great for the advanced practitioner to refine foundation and be reminded of proper alignment and transitions.
► Jai Yoga
5 Vista Blvd., Slingerlands
Sept. 15, 2:30–3:30 p.m.

Body Sculpting
Certified Instructor
Free weights, bands, tubes, balls, and other resistance training equipment will be used to tone and strengthen the major muscle groups of the body. Designed for all fitness levels. Please arrive 10 minutes early to select and get set up with equipment.
► Bethlehem YMCA
900 Delaware Ave., Delmar
Sept. 20, 5–6 p.m.

Spinning® Xpress
Certified Instructor
A 45-minute spinning class to get you in and out quicker! Rides can be based on strength, endurance, and/or interval work. Go at your own pace and resistance.
► Saratoga Cycling Studio
422 Broadway, Suite 3
Saratoga Springs
Sept. 23, 8:30–9:15 a.m.

Tabata Tone
Certified Instructor
This class involves timed sequences of lifting light weights and doing light cardio.
► Alpin Haus Fitness Center
4852 State Highway 30,
Amsterdam
Sept. 16, 9–10 a.m.

Healthy Families
Discover the Pine Bush on a Family Nature Walk
Park Lead Educator
Join us for a guided 0.9-mile journey into the Albany Pine Bush—a globally rare, nationally significant, and locally distinct inland pine barrens. All ages are welcome; the class will be held rain or shine, and please wear appropriate hiking clothes and close-toed shoes.
► Albany Pine Bush
195 New Karner Rd.,
Albany
Sept. 29, 1–2 p.m.

Indoor Rock Climbing
Rocksport
Kids ages 10 and up can experience the sport of rock climbing. Enjoy a huge selection of climbs for all levels of ability. Parents and caregivers are encouraged to attend.
► Rocksport
54 Carey Rd., Queensbury
Oct. 13, 12–2 p.m.

Super Snacking:
Family Edition
Capital Roots
Bring the family together for a night of food and fun as you learn how to prep easy, delicious, and nutritious snacks like veggie quesadillas, DIY pita chips, power pudding, and more! Samples will be provided. All ages are welcome.
► Capital Roots
594 River Street, Troy
Sept. 14, 5–6 p.m.

Senior Health
Conscious Aging
Linda McKenney,
Certified Facilitator
The third phase of life is a great opportunity for spiritual, emotional, and psychological growth. This two-part series will introduce participants to skills and tools to help seniors embrace this phase of their journey.
► Wilton Medical Arts
3040 Route 50,
Saratoga Springs
Oct. 10 and Oct. 17,
3–4:30 p.m.

Strength and Balance
Suzanne Wall, CPT
Improve your strength, balance, and posture, and gain tools for creating a more active lifestyle. Designed for active older adults, this low-impact class focuses on slowly moving through a series of exercises designed to stretch all the body’s major muscles in a safe and effective way.
► Guilderland YMCA
250 Winding Brook Drive,
Guilderland
Sept. 14, 2–3 p.m.

All classes are available to members 18 and older, unless otherwise noted.
Wellness class participants accept responsibility for any injury or medical condition that may result from their attendance.

To register, go to www.cdphp.com/classes or call (518) 641-4800 or 1-877-986-2373.