



# Free wellness classes

Spring/Summer 2017

TO REGISTER, go to [cdphp.com/classes](http://cdphp.com/classes) or call (518) 641-4800 or toll-free 1-877-986-2373

All classes are available to members 18 and older unless otherwise noted.



## Healthy Families

### CrossFit for Kids

with a Certified Instructor

A unique, just-for-kids program where kids will get physical activity while learning basic skills and agility movements through fun games, races, obstacles, and more! This class is limited to 12 children, ages 4 to 9. **This is a three-part program.**

- ▶ Crossfit Beyond  
952 Broadway, Albany  
June 3, 10, and 17  
11 a.m.–noon

### Family Yoga

with a Certified Instructor

Family yoga begins with thoughtful tuning in, followed by fun, playful, and meditative practices that include postures, partner poses, and group poses. All children must be accompanied by a guardian; no more than two children per adult. Children ages 3 to 10 are welcome.

- ▶ Heartspace Yoga and Healing Arts  
747 Madison Ave., Albany  
May 6, 10:30–11:30 a.m.

### Fun Family Painting

with Art in Mind Creative Wellness Studio

Come enjoy quality family time while stimulating your brain and improving your well-being. An artist will guide you through painting a masterpiece of your own! Open to artists of all ages. Supplies included.

- ▶ Art in Mind Creative Wellness Studio (Hannaford Plaza)  
272 Saratoga Road, Unit 3, Glensville  
May 13, 10:30 a.m.–noon

### Indoor Rock Climbing

with Certified Instructors

Kids ages 10 and older can experience the great 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 Road, Queensbury  
June 3, noon–2 p.m.

### Nature Hike

with Friends of Five Rivers

Sights and sounds of animals are all around us, and few people notice or know how to read the signs. Enjoy an hourlong walk through a beautiful natural setting. Get some exercise while learning about plants and animals. Fun for the whole family!

- ▶ Friends of Five Rivers  
56 Game Farm Road, Delmar  
July 15, 10–11 a.m.

### Raising Healthier Children While De-Stressing Your Life

with Ferguson Family Chiropractic

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

- ▶ Ferguson Family Chiropractic  
653 Plank Road, Clifton Park  
May 1, 6–6:45 p.m.



## Senior Health

### CDPHP Senior Fit®

Through CDPHP Senior Fit, Medicare Choices members have no-cost access to numerous programs, gyms, and wellness centers where they can exercise, socialize, and improve their lifestyle.

- ▶ For more information, visit [cdphp.com/seniorfit](http://cdphp.com/seniorfit).

### Aging and Brain Health

with Gretchen Moore Simmons, MA

Do you frequently misplace items, like your keys, glasses or cell phone? Are these memory lapses normal, and is there anything you can do to keep your mind sharp? Join us to learn ways to keep your brain healthy in your later years.

- ▶ Cohoes Senior Center  
10 Cayuga St., Cohoes  
June 29, 1–2:30 p.m.

### Chair Yoga

with Laurel Tormey Cole, CYT

Improve strength, endurance, flexibility, and balance while promoting mindfulness and focused awareness. Class will use chairs for seated postures and to support standing poses.

- ▶ Orchid Tree Yoga  
457 State Route 146, Guilderland Center  
July 6, 9–10 a.m.

### Eat Smart for Brain Health

with Cornell Cooperative Extension

Emerging research shows that what you eat impacts the health of your brain. This class will highlight dietary and other health suggestions that are now thought to decrease your risk of Alzheimer's disease and other forms of dementia.

- ▶ Cornell Cooperative Extension  
50 West High St., Ballston Spa  
July 27, 1–2:30 p.m.

### Fitness for Arthritis

with Suzanne Wall, CPT

This class will incorporate stretching, strength, and range-of-motion exercises to decrease joint pain and stiffness, while improving flexibility, mobility, mood, and overall wellness for those with arthritis.

- ▶ Guilderland YMCA  
250 Winding Brook Drive, Guilderland  
July 10, 2–3 p.m.

### Simple and Low-Cost Meal Planning Ideas

with Patricia Delmonico Schardt, RD

It can be a challenge to meet nutrition needs as you age. Join us for meal planning ideas that will save you time and money, and add some variety to your diet!

- ▶ Crandall Public Library, Holden Room  
251 Glen St., Glens Falls  
June 20, 2–3:30 p.m.

## The Basics: Memory Loss, Dementia, and Alzheimer's Disease

with the Alzheimer's Association

Join us to learn essential information about memory loss issues and what they mean for all of us. We will explore the difference between memory loss brought about by normal aging versus Alzheimer's disease and other forms of dementia.

- ▶ Rudy A. Ciccotti Family Recreation Center  
30 Aviation Road, Albany  
July 27, 5:30–6:30 p.m.

## TNT (Try New Things)

with a Certified Instructor

A class designed with seniors in mind, although everyone is welcome. Increase your confidence using gym equipment by learning a beginner, full-body weight-training program.

- ▶ Fit Happens  
39 Arterial Plaza, Gloversville  
July 20, 9:15–9:45 a.m.

## Zumba Gold

with a Certified YMCA Instructor

This class takes Latin and international dance rhythms from the original Zumba and brings them to the senior and beginner populations. It is easy to follow, and any age or fitness level can do it!

- ▶ YMCA of Kingston and Ulster County  
507 Broadway, Kingston  
July 17, 9:30–10:30 a.m.



## Health Education

### Eating Well for Heart Health

with a 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.

- ▶ Sunnyview Hospital  
1270 Belmont Ave., Schenectady  
June 27, 5:30–6:30 p.m.

## Maintain No Gain

with a CDPHP Health Promotion Specialist

Take control of your weight and health, and develop a realistic personal plan for maintaining, not gaining, as you head into summer. This series provides a foundation for proper nutrition, exercise, and positive self-image.

**This is a three-part program.**

- ▶ Healthplex  
1673 Route 9, Clifton Park  
May 1, 8, and 15  
5:30–6:30 p.m.

## Mindful Eating for Weight Management

with a CDPHP Health Promotion Specialist

Learn why mindful eating is key to a healthy eating pattern and explore a three-step process for practicing mindful eating. You'll also evaluate your own mindless eating triggers to develop effective strategies to overcome them.

- ▶ Rudy A. Ciccotti Family Recreation Center  
30 Aviation Road, Albany  
July 20, 6–7 p.m.

## Summer Dining with Diabetes

with Linda Crowley, RD

Vacation time often means eating out more than usual. Learn tips for dining out, including how to understand menu lingo and make meals away from home part of your healthy diet.

- ▶ Guilderland Public Library  
2228 Western Ave., Guilderland  
June 6, 6–7:30 p.m.

## Take Charge of Your Health

with a CDPHP Health Promotion Specialist

Join us to learn how you can make better health care decisions for yourself and your family members. This program will cover the keys to medical self-care, including preventive screening and immunization

recommendations, ways to save money and get the most out of your medications, and how to best prepare for your next appointment with your doctor.

- ▶ Glens Falls Family YMCA  
600 Glen St., Glens Falls  
May 11, 5:30–6:30 p.m.

## Healthy Living Center

Sponsored by CDPHP, Hannaford, and the Capital District YMCA

The Healthy Living Center, located at 900 Central Ave., Albany, inside the Hannaford Supermarket and Pharmacy, offers a variety of classes, programs, and workshops led by Certified Instructors on topics such as fitness, nutrition, senior health, and disease management, among others.

- ▶ Please visit [healthyalbany.org](http://healthyalbany.org) or call (518) 729-4732 for more information.

## QTAC-NY Community Workshops

Sponsored by the Center for Excellence in Aging & Community Wellness—University at Albany

These free workshops are designed for adults living with ongoing health conditions and/or their caregivers. Learn practical ways to feel better, be in control, and do the things you want to do.

- ▶ For information and to register, call 1-877-496-2780 or visit [qtacny.org](http://qtacny.org).

## New York State Smokers' Quit Line

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

## The Butt Stops Here

St. Peter's Health Partners Community Health Programs

CDPHP is proud to partner with

St. Peter's Health Partners to offer The Butt Stops Here smoking cessation program. Call (518) 459-2550 for information.



## Wellness

### Budgeting Basics: How to Grow Your Dough With a Personal Spending Plan

with SEFCU

In this program, four areas of financial well-being will be reviewed, including how you spend, save, borrow, and plan for the future. Cash flow, living expenses, debt-to-income ratio, credit score, and behaviors that demonstrate future financial orientation will be covered.

- ▶ SEFCU Headquarters  
(Dora Maxwell Auditorium)  
700 Patroon Creek Blvd., Albany  
May 16, 5:30–7 p.m.

## Change for Good

with Judi England, RN, LMT

During this workshop, we will develop an understanding of the stages of change and practice simple techniques to help move from intention to healthy action.

- ▶ Albany Public Library  
161 Washington Ave., Albany  
June 28, 6–7:30 p.m.

## Gentle Yoga

with a Certified Instructor

This class is for anyone whose life has been touched by cancer—whether you are in treatment or a survivor, or if you are a friend, family member, or caregiver to someone living with cancer. This class includes gentle stretching, postures, stress-reducing breathing techniques, and seated meditation for deep and nourishing relaxation. Mats, blankets, and props provided, or bring your own.

- ▶ Hopeclub  
1 Penny Lane, Latham  
July 25, 10–11:30 a.m.

## Gentle Yoga

with a **Certified Instructor**

The focus of this class is on releasing tension, connecting with the breath, and working with the joints in the most gentle of ways. Props, such as a chair and blocks, may be used. Bring water and a towel.

- ▶ The Alpin Haus Fitness Center  
4852 State Highway 30,  
Amsterdam  
July 9, 9–10 a.m.

## Getting Started on Your Journey to Health

with **Certified Health Coach Ariffa Bevin**

This class will provide ways for getting and staying motivated to lead a lifestyle of health and wellness. Participants will learn how to set and achieve goals, incorporate fitness, manage stress, and much more.

- ▶ Troy Family YMCA  
2500 21st St., Troy  
May 20, 1–2:30 p.m.

## Hope and Resilience

with **Judi England, RN, LMT**

The stresses of life face us all. Over time, the effects can negatively impact our health and take joy from our lives. We will discuss the qualities of a hopeful person and focus on ways to face life's challenges with greater resilience.

- ▶ Bethlehem Public Library  
451 Delaware Ave., Delmar  
May 31, 6–7:30 p.m.

## Intro to Meditation

In this course, we will define meditation, discuss its benefits, troubleshoot common experiences that make practice difficult, and discuss ways to make practice an easy part of your life.

**This is a two-part program.**

- ▶ Kingston Public Library  
with **Patricia Laufer, CYT**  
55 Franklin St., Kingston  
June 21 and 28, 5:30–7 p.m.

- ▶ Sunnyview Hospital  
with **Certified Instructor Laura Harrison**  
1270 Belmont Ave., Schenectady  
July 11 and 18, 6:30–7:30 p.m.

## Organization 101

with **Jordana Turcotte**

Is it all too much? Well, seize the day and learn the basics of organizing your home, how to prioritize, where to start, and tips and tools to tackle each project.

- ▶ East Greenbush Library  
10 Community Way, East Greenbush  
June 22, 6:30–8 p.m.

## Parkinson's Support: Dance for Fun and Health

with **Rachelle Smith-Stallman, MS, BCDMT**

Movement and dance is proven to help individuals combat Parkinson's side effects. This class will enhance your strength, balance, and flexibility while improving your awareness and confidence! Caregivers are encouraged to attend. To register, please visit [healthyalbany.org](http://healthyalbany.org) or call (518) 729-4732.

- ▶ Healthy Living Center (inside Hannaford Supermarket and Pharmacy)  
900 Central Ave., Albany  
June 12, 6–7 p.m.

## Qigong

with **Certified Instructor Rich Goodheart**

Qigong is a vast collection of ancient Chinese practices that include graceful, meditative movements designed to cultivate vital energy, self-healing, and deep mindfulness. Join this class and awaken your body and mind!

**This is a two-part program.**

- ▶ Guilderland Public Library  
2228 Western Ave., Guilderland  
June 10 and 17, 11 a.m.–noon

## Relaxation Techniques

with **Barb 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.

- ▶ William K. Sanford Town Library  
629 Albany Shaker Road,  
Loudonville  
May 23, 6–7 p.m.
- ▶ Kingston Public Library  
55 Franklin St., Kingston  
June 7, 6–7 p.m.

## Stress Reduction Magic

with **Certified Instructor Beth Sabo Novik**

This 90-minute class is full of fast and effective techniques to reduce stress and increase joy. Learn practices to set up your day to be a good one, as well as ways to cope when things go wrong.

- ▶ Wilton Medical Arts  
3040 Route 50, Saratoga Springs  
July 19, 5:30–7 p.m.



## Nutrition

### Healthy Snacks for Summer Traveling

with **Patricia Delmonico Schardt, RD**

Make traveling easier without having to stop on the road for snacks! Get new ideas for snacks that you can buy or make and easily pack for travel. Samples provided.

- ▶ Rotterdam Town Library  
1100 N. Westcott Road,  
Schenectady  
May 2, 5:30–7 p.m.

### Lighten Up! Introducing a New Guideline for Healthy Eating

with **Cornell Cooperative Extension**

This class introduces tasty guidelines for healthy eating and incorporating physical activity into your new lifestyle.

- ▶ Cornell Cooperative Extension  
232 Plaza Road, Kingston  
May 11, 6–7:30 p.m.

### Lighten Up! A How-to Guide to Make Small Changes for Healthy Eating

with **Cornell Cooperative Extension**

Small changes add up! Learn how to incorporate new habits of eating healthy and staying physically active at your own pace.

- ▶ Cornell Cooperative Extension  
232 Plaza Road, Kingston  
June 8, 6–7:30 p.m.

### Lighten Up! How to Maintain Your Healthy Eating Choices

with **Cornell Cooperative Extension**

Maintaining your healthy eating and activity choices can improve the quality of your life. Keep it all going!

- ▶ Cornell Cooperative Extension  
232 Plaza Road, Kingston  
July 13, 6–7:30 p.m.

### Make Your Own Grilling Seasoning

with **Whole Foods Market**

Proper seasoning makes all the difference. In this class, you will taste some custom seasoning blends and take home your very own!

- ▶ Whole Foods Market  
125 Central Ave., Colonie  
May 9, 6–7 p.m.

### Mediterranean Cooking

with **Cornell Cooperative Extension**

Inspired by the traditional dietary patterns of people in the Mediterranean Basin, this diet is often cited as being low in saturated fat and high in monounsaturated fat and dietary fiber.

- ▶ Cornell Cooperative Extension  
50 W. High St., Ballston Spa  
May 10, 6–7:30 p.m.
- ▶ Cornell Cooperative Extension  
24 Martin Road, Voorheesville  
May 16, 6–7:30 p.m.

## Savvy Summer Salads

with a **Cornell Cooperative Extension**

Learn simple techniques, get fun ideas, and practice healthy recipes to inspire your own creative no-cook, main-dish salads for the hot weather.

- ▶ Cornell Cooperative Extension  
50 West High St., Ballston Spa  
June 8, 6–7:30 p.m.
- ▶ Cornell Cooperative Extension  
24 Martin Road, Voorheesville  
June 13, 6–7:30 p.m.

## Summer Salads

with **Whole Foods Market**

Looking for that delicious and refreshing summer salad? Look no further! Our culinary instructors will show you how to create the perfect dish for your summer gathering.

- ▶ Whole Foods Market  
125 Central Ave., Colonie  
June 7, 6–7 p.m.



## Fitness

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

## Bootcamp

with a **Certified Instructor**

The 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.**

- ▶ Healthplex  
1673 Route 9, Clifton Park  
July 22 and 29, 10–11 a.m.

## Cardio Pump

with a **Certified YMCA Instructor**

This class offers a great cardiovascular workout while improving strength using dumbbells, body bars, resistance tubing, or barbells.

- ▶ East Greenbush YMCA  
20 Community Way, East Greenbush  
June 3, 9–9:55 a.m.

## Carve, Chip, Chisel

with a **Certified Instructor**

Enhance your body's capacity with sculpting moves that will carve, chip, and chisel. A variety of equipment and exercises will be incorporated to define your body and bring results!

- ▶ IXL Saugerties  
3139 Route 9W, Saugerties  
May 14, 10–10:30 a.m.
- ▶ Guilderland YMCA  
**(two-part program)**  
250 Winding Brook Drive,  
Guilderland  
June 15 and 22, 5:20–5:50 p.m.

## Core N More

with a **Certified YMCA Instructor**

This class focuses on the core muscles of the body, creating a strong back, firmer stomach, balance and stability, as well as proper posture. Strengthen your core and gain the confidence you are looking for!

- ▶ Glens Falls Family YMCA  
600 Glen St., Glens Falls  
July 30, 10–11 a.m.

## Deep Water Aerobics

with a **Certified YMCA Instructor**

Traditional aqua fitness moves to strengthen your cardiovascular system, improve your core strength and tone and sculpt your muscles. Aqua belts will be used to suspend and support you in the water.

- ▶ Guilderland YMCA  
250 Winding Brook Drive,  
Guilderland  
May 24, 6:30–7:30 p.m.

## Focusmaster Kickboxing Workout

with a **Certified Instructor**

Get ready to punch and sweat your way through this exciting 30-minute kickboxing workout! No prior experience is necessary; from power walkers to fitness enthusiasts, you'll have a great experience.

- ▶ Focusmaster Fitness  
265 Osborne Road, Loudonville  
May 10, 7–7:30 p.m.
- ▶ Focusmaster Fitness  
828 Hoosick Road, Troy  
June 7, 7–7:30 p.m.

## Gentle/Beginner Yoga

with a **Certified YMCA Instructor**

Gentle yoga and beginner yoga use the same principles, only at a slower pace with basic and/or modified poses to increase flexibility, strength, and balance.

- ▶ Schenectady YMCA  
433 State St., Schenectady  
June 12, 7:30–8:30 p.m.

## Grace and Power

with a **Certified Instructor**

Flow through cardiovascular moves with squats, planks, and calisthenic drills to power your body for a very unique challenge. Barefoot training is encouraged.

- ▶ IXL Rhinebeck  
2224 Route 9G, Rhinebeck  
July 23, 10:30–11 a.m.

## Hip-Hop Dance

with a **Certified Instructor**

This is a high-energy class for adults that will teach you to follow choreography and learn basic hip-hop movements. Great for beginners and advanced students alike!

- ▶ Rudy A. Ciccotti Family Recreation Center  
30 Aviation Road, Albany  
May 20, 11:30 a.m.–12:30 p.m.
- ▶ Albany Dance & Fitness  
1197 Central Ave., Albany  
June 23, 7:30–8:30 p.m.

## Pilates

with a **Certified Instructor**

This class will strengthen your core muscles while increasing flexibility in your legs and arms. Focus on your breathing and gain body awareness to lengthen, define, and sculpt your muscles!

- ▶ Sidney Albert Albany JCC  
340 Whitehall Road, Albany  
July 12, 5:30–6:30 p.m.

## MELT

with a **Certified Instructor**

The MELT method is a form of restorative fitness that helps reduce chronic pain and stress and helps you rebalance. Join this class and heal your body!

- ▶ Sidney Albert Albany JCC  
340 Whitehall Road, Albany  
July 19, 6:30–7:30 p.m.

## Spin Fit Total Body

with a **Certified Instructor**

A 40-minute ride followed by a 20-minute total body workout off the bike. TRX suspension training, weights, bands, and balls are incorporated into the workout. Great for all fitness levels.

- ▶ Saratoga Cycling Studio  
422 Broadway, Suite 3,  
Saratoga Springs  
May 21, 8:15–9:15 a.m.

## Stretch and Flex

with a **Certified Instructor**

This class will help you develop lifelong flexibility and learn proper stretching techniques. You'll leave this class de-stressed and stretched!

- ▶ The Alpin Haus Fitness Center  
4852 State Highway 30,  
Amsterdam  
June 21, 6:30–7:25 p.m.