



Free wellness classes

Summer/Fall 2017

TO REGISTER, go to 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

Bullying: What Parents Can Do

with a CDPHP Behavioral Health Case Manager

Bullying has become a big problem in our schools and communities. It can be physical, verbal, or virtual, also known as cyber bullying. Join us to learn how to tell if your child is a target or a bully, what to do if you suspect bullying is an issue, and how you can intervene effectively.

- ▶ WILLIAM K. SANFORD TOWN LIBRARY
629 Albany Shaker Road, Loudonville
Sept. 14, 6–7 p.m.

Family Belly Dancing

with Certified Instructor Eliana

Learn the basics of belly dance while increasing flexibility, balance, and coordination. Please wear comfortable clothing (no jeans). Come in sneakers, bare feet, or socks. Children ages 6 and up are welcome.

- ▶ NATIONAL MUSEUM OF DANCE
SCHOOL OF THE ARTS
99 S. Broadway, Saratoga Springs
Oct. 21, 2–3 p.m.

Joe the Monkey Saves for a Goal

with SEFCU

Using the book *Joe the Monkey Saves for a Goal* by John Lanza, youth will make decisions about how to spend, share, and save money. A save jar will be created to use for future financial goals. Recommended for ages 5–8.

- ▶ SEFCU HEADQUARTERS
Dora Maxwell Auditorium
700 Patroon Creek Blvd., Albany
Aug. 12, 10–11 a.m.

Kids Store Tour

with Whole Foods Market

Join us for a fun store tour to learn about new and exciting foods! Kids will learn how to read labels and pick healthy snacks. For ages 8 and older. Children must be accompanied by an adult.

- ▶ WHOLE FOODS MARKET
1425 Central Ave., Albany
Aug. 19, 10–11 a.m.

Prenatal Yoga

with Certified Instructor Melissa Whipple

Take time to relax and connect with your inner self, your baby, and other pregnant women.

This class focuses on relieving common pregnancy discomforts and helps prepare you for birth by opening the hips and pelvis, enhancing stamina, and practicing postures for labor and breathing techniques. *This is a three-part program.*

- ▶ ORCHID TREE YOGA STUDIO
457 State Route 146,
Guilderland Center
Tuesdays: Sept. 12, 19, and 26
7–8 p.m.



Senior Health

Bird Walk

with the Southern Adirondack Audubon Society

Enjoy an easy walk through a beautiful natural setting. Get some exercise while learning about plants and animals from an experienced guide. All fitness levels welcome.

- ▶ SOUTH GLENS FALLS
HISTORICAL PARK
Betar Byway Walking Path
30 First St., South Glens Falls
Sept. 15, 8–9 a.m.

Eat Smart for Brain Health

with Cornell Cooperative Extension

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
232 Plaza Road, Kingston
Oct. 12, 6–7:30 p.m.

ESSENTRICS™ Gentle Stretch

with a Certified Instructor

Join us for a workout that will support joint movement and flexibility and strengthen your muscles. A slow-paced, full-body workout great for those with chronic pain, muscle atrophy, or those that have not moved in a long time. *This is a three-part program.*

- ▶ ALBANY DANCE & FITNESS
1197 Central Ave., Albany
Mondays: Sept. 11, 18, and 25
10:45–11:45 a.m.

Gentle Chair Yoga

with a Certified Instructor

Chair yoga modifies traditional yoga poses for the chair, making health and fitness benefits accessible to everyone. This popular class is recommended for seniors and yoga beginners. *This is a two-part program.*

- ▶ RUDY A. CICCOTTI FAMILY RECREATION CENTER
30 Aviation Road, Albany
Wednesdays: Sept. 20 and 27
12:45–1:45 p.m.

Gentle Yoga

with a Certified Instructor

This class is designed to improve flexibility, balance, strength, and overall wellness through a series of yoga poses, breathing, and relaxation techniques.

- ▶ GREENE COUNTY YMCA
35 Route 81, West Coxsackie
Sept. 18, 11:45 a.m.–1 p.m.

Healthier Living for Your Brain and Body

with the Alzheimer's Association

Join us to learn about research in the areas of diet, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

- ▶ GLENMONT ABBEY VILLAGE
7 Thomas Cole Drive, Glenmont
Oct. 12, 3–4 p.m.

Sleep Tips for Seniors

with Barbara Stevens, CHT

Learn how to create a healthy sleep environment, as well as proven techniques to fall asleep, stay asleep, and get back to sleep.

- ▶ FRANCISCAN HEIGHTS
SENIOR COMMUNITY
1 St. Anthony Lane, Rensselaer
Oct. 25, 2–3 p.m.

Wildflower Walk

with a Local Nature Guide

Join a guide in Cole's Woods for an easy walk on flat trails to admire late-blooming trailside wildflowers. Wear comfortable walking shoes and bring your camera!

- ▶ GLENS FALLS YMCA
(parking lot behind building)
600 Glen St., Glens Falls
Sept. 16, 2–4 p.m.

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.



Health Education

Live and Eat Well with Diabetes

with **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 and use less saturated fat, salt, and sugar without cutting taste. You'll also have the opportunity to taste a variety of main dishes, side dishes, and desserts. *This is a four-part program.*

- ▶ **CORNELL COOPERATIVE EXTENSION**
24 Martin Road, Voorheesville
Mondays: Oct. 16, 23, 30, and Nov. 6
6–7:30 p.m.

Epilepsy and Seizures 101

with the **Epilepsy Foundation of Northeastern New York**

This class will teach you the basics of epilepsy and seizures, how to recognize common seizure types, the appropriate first aid response, and how to be supportive of individuals living with epilepsy.

- ▶ **ALBANY PUBLIC LIBRARY**
161 Washington Ave., Albany
Sept. 13, 6:30–7:30 p.m.

Get Heart Healthy!

with a **CDPHP Health Promotion Specialist**

Learn key elements of cardiovascular health, including vital numbers such as blood pressure and cholesterol, effective stress management techniques, and how diet and exercise impact heart health. *This is a three-part program.*

- ▶ **RUDY A. CICCOTTI**
FAMILY RECREATION CENTER
30 Aviation Road, Albany
Fridays: Oct. 13, 20, and 27
6–7 p.m.

Have a Sweet Tooth?

with **Patricia Schardt, RD, and Chef Lendell**

During this interactive class, we'll discuss the sugar content of beverages and some favorite Halloween treats. Find out how sugar affects our teeth and get ideas for alternatives to satisfy those sugar cravings! Healthy treat samples will be provided.

- ▶ **UNITY HOUSE**
2431 Sixth Ave., Troy
Oct. 19, 6–7 p.m.

Mindful Eating

with a **CDPHP Health Promotion Specialist**

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

- ▶ **GREENE COUNTY YMCA**
35 Route 81, West Coxsackie
Aug. 16, 7:15–8:15 p.m.

Pressure Play

with a **CDPHP Health Promotion Specialist**

Join this discussion and friendly game to learn how you can achieve a healthier lifestyle while preventing or managing high blood pressure. This interactive class will motivate individuals to take control of their heart health!

- ▶ **WILTON MEDICAL ARTS**
3040 Route 50, Saratoga Springs
Sept. 28, 6–7 p.m.

Weigh 2 Be

with a **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 program includes a weekly weigh-in. *This is a three-part program.*

- ▶ **TROY YMCA**
2500 21st St., Troy
Wednesdays: Aug. 2, 9, and 16
6:30–7:30 p.m.

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.

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** or call **(518) 729-4732** for more information.

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

Folk Guitar and Ukulele

with **Roger Allen and Cynthia Mulford**

Research suggests that music has many benefits for mind and body. Come learn to play and sing traditional and contemporary folk, pop, and country songs, and meet other musicians. Recommended for adults of all skill levels.

- ▶ **HONEST WEIGHT FOOD CO-OP**
100 Watervliet Ave., Albany
Aug. 14, 6–8 p.m.

Functional Yoga

with **Angel Surdin, RYT**

This class will focus on the benefits of yoga for joint issues, such as autoimmune disease, insomnia, breathing, and stress relief. Please bring a mat. *This is a two-part program.*

- ▶ **ALBANY JEWISH COMMUNITY CENTER**
340 Whitehall Road, Albany
Thursdays: Aug. 10 and 17
6–7 p.m.

Get Organized for the School Year

with **Jordana Turcotte**

A new school year is fast approaching. Having an effective home family command center will keep things running smoothly. Tips on organizing lunches, clothing, sports, art storage, and homework management will be discussed.

- ▶ HEALTHY LIVING CENTER
Community Room
900 Central Ave., Albany
Aug. 8, 6:30–8 p.m.

Intro to Meditation

Slow your mind, slow your thoughts, slow yourself down! Reduce stress, increase your health! Traditional meditation techniques can help balance today's hectic lifestyles. Feel free to bring a mat, blanket, or cushion. *These are two-part programs.*

- ▶ CRANDALL PUBLIC LIBRARY
Holden Room
with Certified Instructor Laura Harrison
251 Glen St., Glens Falls
Wednesdays: Oct. 11 and 18
6:30–7:30 p.m.
- ▶ GUILDERLAND PUBLIC LIBRARY
with Judi England, RN, LMT
2228 Western Ave., Guilderland
Wednesdays: Oct. 11 and 18
6–7 p.m.

Laughter for Wellness

with **Dr. Vijaya Gandham**

This class promotes laughter as a form of exercise and gives you the benefits of yoga without doing a yoga pose. The class is done in groups, with an instructor leading laughter, followed by a relaxation activity.

- ▶ HINDU CULTURAL CENTER
450 Albany Shaker Road, Loudonville
Aug. 29, 6–7 p.m.

Tackle Your Debt

with **SEFCU**

Join us to discuss a variety of loan types and consider and reflect on appropriate debt levels based on whether it is considered good debt or bad debt. You will also develop an effective debt pay-down strategy.

- ▶ SEFCU HEADQUARTERS
Dora Maxwell Auditorium
700 Patroon Creek Blvd., Albany
Sept. 12, 5:30–7 p.m.

One Minute Techniques to Boost Productivity and Wellness

with **Barbara Stevens, CHT**

This program will demonstrate the direct link between stress and productivity and provide tools to stop negative thinking, regain control of your time, and help you interact more effectively with others.

- ▶ HUDSON AREA LIBRARY
51 N. Fifth St., Hudson
Sept. 12, 6–7 p.m.

The Secret Key to Unlocking Change: How to Succeed in All Your Goals

with **Certified Instructor Beth Sabo Novik**

Learn the techniques great leaders use to envision, work toward, and achieve their goals. Deal with the fears and obstacles that may be in your way. Learn strategies essential to getting where you want to be in a calm, fluid way.

- ▶ PAUL NIGRA CENTER FOR CREATIVE ARTS
2736 NY-30, Gloversville
Sept. 27, 5:30–7 p.m.
- ▶ ROTTERDAM PUBLIC LIBRARY
1100 North Westcott Road, Schenectady
Oct. 3, 5:30–7 p.m.

Beat the Winter Blues

with **Pinnacle Behavioral Health**

The shorter days of fall and winter can lead to biochemical changes and seasonal depression. This workshop will explore causes and symptoms of seasonal affective disorder and teach skills for coping with the winter blues.

- ▶ PINNACLE BEHAVIORAL HEALTH
1 Pinnacle Place, Suite 102, Albany
Oct. 24, 6–7 p.m.



Nutrition

Chop Like a Chef

with **Cornell Cooperative Extension**

Learn classic knife skills you will use forever. Slice, dice, julienne, chiffonade, and fillet! Learn how to select the best knife for the job and how to care for your knives. Then, take home your sliced veggies.

- ▶ CORNELL COOPERATIVE EXTENSION
232 Plaza Road, Kingston
Sept. 7, 6–7:30 p.m.

Eating for Better Mental Health

with **Deb Ahola, RD**

What you eat can make you feel irritable and restless or calm and satisfied. This session will explore how your diet affects your brain and emotions, and provide eating tips to achieve better mental health.

- ▶ RUDY A. CICCOTTI FAMILY RECREATION CENTER
30 Aviation Road, Albany
Oct. 4, 2–3 p.m.

Fast Family Meals

with **Cornell Cooperative Extension**

This hands-on class will provide the tools you need to put satisfying and time-saving meals together for your family. Includes cooking and sampling!

- ▶ CORNELL COOPERATIVE EXTENSION
232 Plaza Road, Kingston
Aug. 10, 6–7:30 p.m.

Fermented Foods for Health

with **Cornell Cooperative Extension**

This class will discuss the nutritional benefits of fermented foods, including yogurt, sauerkraut, kimchi, and kombucha. A lesson on fermentation as a method of home food-preservation will include making sauerkraut. CORNELL COOPERATIVE EXTENSION AT THE FOLLOWING LOCATIONS:

- ▶ 24 Martin Road, Voorheesville
Aug. 22, 6–7:30 p.m.
- ▶ 50 West High St., Ballston Spa
Aug. 29, 6–7:30 p.m.

Healthy Store Tour

with **Healthy Living Market and Café**

Discover our wonderful world of food as you travel through the store and learn how to shop produce, bulk, meat and seafood, cheese, and dairy. We'll snack on delicious, healthy samples from the various departments along the way.

- ▶ HEALTHY LIVING MARKET AND CAFÉ
3065 Route 50 (Wilton Mall),
Saratoga Springs
Aug. 3, 5:30–6:15 p.m.

Immune Health Store Tour

with Hannaford Dietitian Fran Weiss, MS, RDN, CDN

Join this store tour to learn about healthy food options that boost your immune system. You will discover delicious foods that can help keep you healthy during the cold and flu season. After the tour, you can also stop by the Hannaford Pharmacy to receive a flu shot.

- ▶ HANNAFORD ALBANY
900 Central Ave., Albany
Oct. 2, 5:30–6:30 p.m.
- ▶ HANNAFORD COLONIE
96 Wolf Road, Colonie
Oct. 15, 12–1 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.

Beginner PiYo

with Certified Instructor Meghan Haley

This class combines the core strengthening of Pilates with the stretching and flexibility of yoga to rejuvenate and increase your strength and endurance. *This is a two-part program.*

- ▶ ALBANY PUBLIC LIBRARY
161 Washington Ave., Albany
Mondays: Aug. 21 and 28
6:30–7:30 p.m.

Beginner Yoga

with a Certified Instructor

Perfect for beginners with little to no yoga background, our teachers will guide you to create a strong foundation for your yoga journey to be built upon. Also great for the advanced practitioner to refine foundation and be reminded of proper alignment and transitions.

- ▶ JAI ALBANY
1092 Madison Ave., Albany
Sept. 16, 2:30–3:30 p.m.

Body Pump™

with a Certified Instructor

Barbell class that shapes, tones, and strengthens your entire body! This workout challenges major muscle groups by using weight-room exercises, such as squats, presses, lifts, and curls, with a focus on high repetition movements with low weight loads. Suitable for all fitness levels. *This is a two-part program.*

- ▶ CUSTOM FITNESS
23 Northern Pines Road, Gansevoort
Wednesdays: Sept. 13 and 20
6:15–7:15 p.m.

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.

- ▶ HEALTHPLEX
1673 Route 9, Clifton Park
Sept. 30, 10:30–11:15 a.m.

Cize™ Live

with a Certified YMCA Instructor

Routines are broken down step-by-step, move-by-move, and then built into a full dance workout. You'll be burning fat and calories while getting in shape!

- ▶ BETHLEHEM YMCA
900 Delaware Ave., Delmar
Sept. 10, 10–10:45 a.m.

PiYo

with a Certified Instructor

A combination of Pilates and Yoga movement exercises fused together to form a complete mind/body workout. This class will increase your flexibility, posture, balance, and core strength. All levels welcome. If you have a yoga mat, please bring one.

- ▶ FIT HAPPENS
39 Arterial Plaza, Gloversville
Oct. 5, 5:30–6:30 p.m.

Spinning & Core

with a Certified Instructor

Forty-five minutes of spinning on the bike followed by some great ab and core work on the floor. All exercises can be modified to suit every level of fitness.

- ▶ SARATOGA CYCLING STUDIO
422 Broadway, Suite 3,
Saratoga Springs
Oct. 22, 8:15–9:15 a.m.

Step

with a Certified YMCA Instructor

A cardio workout featuring choreography and combinations using the step. This class may include intervals of strength conditioning.

- ▶ GUILDERLAND YMCA
250 Winding Brook Drive, Guilderland
Aug. 23, 6:30–7:15 a.m.

Total Body Strength

with a Certified YMCA Instructor

Increase strength and endurance using various equipment working all major muscle groups.

- ▶ KINGSTON YMCA
507 Broadway, Kingston
Sept. 25, 5:30–6:30 p.m.

Yoga

with a Certified Instructor

Open for beginners and people with experience. Combines mindful movements, alignment, and breath to renew mind, body, and spirit. Modifications and adjustments provided.

- ▶ IXL SAUGERTIES
3139 Route 9W, Saugerties
Sept. 21, 4–5:15 p.m.

Zumba

with a Certified Instructor

Ditch the workout, join the party! Zumba® fuses hypnotic Latin and international rhythms with easy-to-follow moves to create a dynamic workout!

- ▶ GO FOR FITNESS
160 Saratoga Ave.
South Glens Falls
Oct. 25, 6:30–7:30 p.m.
- ▶ IXL RHINEBECK
2224 Route 9G, Rhinebeck
Oct. 26, 6–7 p.m.