


Unless noted otherwise, enrollment is required by calling HealthLink Littauer at 518-736-1120 or email healthlink@nlh.org to attend programs or for more information.

**APRIL
2019**

**ALL PROGRAMS ARE OPEN
TO THE GENERAL PUBLIC**

Topic	Date ~ Time	Place	Details
Wellness Walkers	4/1 – 4/29 9 – 10 am	Johnstown Mall	5 sessions (Mondays). Indoor walking group open to anyone wanting to get active and have some fun! Walking is one of the best forms of physical activity to stay healthy. Alicia DeRuscio BS, Personal Trainer & Alyssa Craig BS, Health Educator. FREE!
New Day & Time: Chair Yoga	4/1 – 4/29 4 – 5 pm	HealthLink Littauer Johnstown	5 sessions (Mondays). For anyone interested in gentle yoga with the support of a chair. All ages and mobility levels can experience the health benefits from this easy form of yoga! Jeannie Moller RYT, Instructor. \$7 fee/week
Gentle Yoga	4/1 – 4/29 5:30 – 6:30 pm	HealthLink Littauer Johnstown	5 sessions (Mondays). For anyone interested in relaxing, gentle yoga sessions. Experience improved strength and flexibility, and a positive effect on internal organs and systems. Jeannie Moller RYT, Instructor. \$7 fee/week
Zumba Gold	4/5 – 4/26 9 – 9:45 am	HealthLink Littauer Johnstown	4 sessions (Fridays). Time to dance away those calories! Exercise class designed specifically for active older adults with easy-to-follow choreography. Alicia DeRuscio BS, Certified ZIN & Personal Trainer. \$5 fee/week
Same Day & Time: Chair Yoga	4/5 – 4/26 10 – 11 am	HealthLink Littauer Johnstown	4 sessions (Fridays). For anyone interested in gentle yoga with the support of a chair. All ages and mobility levels can experience the health benefits from this easy form of yoga! Jeannie Moller RYT, Instructor. \$7 fee/week
 Health Screenings	4/10 9 am – 1 pm	HealthLink Littauer Johnstown	1 session (Wednesday). Are YOU at risk for heart disease, diabetes or a stroke? Screenings include a Cholesterol+HDL+Glucose blood test for \$18; diabetes risk assessment, blood pressure reading and body fat analysis/body mass index measurement at no charge. No appointments necessary
Alzheimer's: Dementia-Related Behavior	4/11 3 – 4 pm	HealthLink Littauer Johnstown	1 session (Thursday). Overview of the common causes of some difficult behaviors associated with Alzheimer's disease. Get helpful tips and suggestions on the best ways to respond to someone affected by dementia. Meagan DeMento BA, Program Manager/Alzheimer's Association. FREE!
NEW... Healthy Lifestyles For Kids!	4/11 – 6/6 4 – 5 pm	Nathan Littauer Hospital Groversville	9 sessions (Thursdays). Nutrition & wellness program for kids of all ages with their parents or caregivers. Approved by the Academy of Nutrition & Dietetics, this weekly program includes topics on basic nutrition, healthy behaviors, self-esteem issues, and more! Erika Winney MS RD CDN, Littauer's Clinical Nutrition Manager. \$35 fee/family (scholarships available for those in need).
Healthy Kids Day	4/13 10 a.m. – 1 p.m.	Fulton County YMCA	1 session (Saturday). Join us for this fun-filled, family event! Littauer health care professionals will offer an exercise game that utilizes bodyweight training to get the whole family moving! FREE Event! No appointments necessary ~ Open to the public
Healthy Eating, Active Living	4/15 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). Monthly educational sessions focusing on nutrition & physical activity. "Going Whole Grain" ... Learn the difference between whole vs. refined grains, health benefits, recommended daily intake, how to purchase, and more! Alicia DeRuscio BS, Littauer's Community Education Assistant. FREE!
Diabetes Self Management	4/18 – 5/23 11 am – 1:30 pm	Nathan Littauer Hospital Groversville	6 sessions (Thursdays). Evidence-based series of classes specifically designed for people with type 2 diabetes. Learn how to overcome barriers, manage and cope with the symptoms of your diabetes. Theresa Marcuccio RN & Barbara Neznec, Peer Educator. FREE program...complimentary meals included!

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Alzheimer's Caregiver	4/18 10:30 am	Mayfield Presbyterian Church	1 session each (Thursday). Monthly group meetings... For anyone with Alzheimer's, Parkinson's or other neurological conditions and their caregivers. "Eddy Services" presented by Susan Beth Olsen, Volunteer Coordinator of Eddy Alzheimer's Services. FREE meetings ~ No enrollment needed
Parkinson's Support Group	4/18 2 pm		
Diabetes Discussion	4/22 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). Monthly educational sessions for anyone with diabetes. "Planning Ahead" ... Learn the importance of planning ahead to manage your condition, strategies for sick days and tips for communicating with your healthcare provider. Alicia DeRuscio BS, Littauer's Community Education Assistant. FREE!
Women With Heart Disease	4/23 3 – 4:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly group meeting... For women with heart disease and their family members. "Protect Your Heart" ... Presentation on common heart problems and how to protect your heart against chronic conditions. Alicia DeRuscio BS, Littauer's Community Education Assistant. FREE! No enrollment needed
Seasonal Crafts	4/23 6 – 7:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Experience the proven therapeutic effects of creativity! "April Mosaics" ... Rid your mind of unwanted stress and promote positive feelings by creating your own unique watercolor mosaic. Led by Kathleen DeRuscio, experienced crafter. \$15 fee includes all materials
ViP Luncheon: Hospice Care & Volunteer Services	4/24 11:30 am – 1 pm	Nathan Littauer Hospital Groversville	1 session (Wednesday). Especially For Adults 50+... Enjoy a buffet-style luncheon followed by our guest speaker, Kelly Montanye, Volunteer Coordinator of Mountain Valley Hospice, on our local hospice care and volunteer services available. Luncheon fee: \$5 ViP members, \$6 public. RSVP by 4/22
Breastfeeding Your Baby	4/25 6:30 – 8 pm	Nathan Littauer Hospital Groversville	1 session (Thursday). Learn what you need to know to assure a positive experience. Healthcare experts agree that this is still the best way to feed your baby! <i>There is a fee associated with this class. Call your insurance company for benefit information.</i> To attend, call Patient Access 518-775-4250
Childbirth Preparation Class	4/27 8 am – 4 pm	Nathan Littauer Hospital Groversville	1 session (Saturday). Prepares expectant parents mentally and physically for the childbirth experience. Includes options for managing pain during labor and delivery. Certified Childbirth Educator, Wendy Bowie RN, of The Birthing Center At Littauer. \$45 fee (scholarships available for those in need).
Soup, Salad & Self Management	4/30 – 6/4 3:30 – 6 pm	Bosco's Restaurant Amsterdam	6 sessions (Tuesdays). Evidence-based series of classes specifically designed for anyone living with chronic pain. Learn how to overcome barriers, manage and cope with your condition. Tammy Merendo RN BSN & Mark Capone, Peer Educator. FREE program...complimentary soup & salad included!
Relax With Cards	4/30 6:30 – 8:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Join us for a card party...greeting cards of course! Experience the relaxing benefits of mindfulness as you create four of your very own all-occasion cards. Led by Stacey White, experienced crafter. \$10 fee includes all materials

APRIL SUPPORT GROUPS

- **Breastfeeding 4/4** Nathan Littauer 12:30 pm
- **Chronic Disease 4/10** HealthLink 1 pm
- **Alzheimer's 4/11** HealthLink 4 pm
- **Beyond Moms 4/11** HealthLink 5:30 pm
- **Alzheimer's 4/18** Mayfield Presbyterian 10:30
- **Parkinson's 4/18** Mayfield Presbyterian 2 pm
- **Breastfeeding 4/18** HealthLink 5:30 pm
- **Heart Disease 4/23** HealthLink 3:30 pm
- **Mother To Mother 4/27** Mohawk Harvest 2:30 pm
- **TOPS Wednesdays** Nathan Littauer 5:30 pm
- **For more details, visit nlh.org or call 518-736-1120**

WOMEN'S CANCER SCREENING

Nathan Littauer Hospital
Free cancer screenings for women age 40-64
who do not have health insurance
Mammograms ~ Breast/Pelvic Exams ~ Pap Tests
Call NYS Cancer Services Program 518-841-3726

Save the date ... more details next month!

IMAGES OF A WOMAN
WEDNESDAY, JULY 31, 2019

23rd Annual Women's Wellness Conference
Holiday Inn of Johnstown



HEALTHLINK LITTAUER...Wellness Education & Resources For 30 Years!

Visit Our Wellness Center ~ 2 Colonial Court ~ Johnstown, NY 12095

Monday - Friday ■ 9 a.m. - 5 p.m. ■ 518-736-1120 ■ healthlink@nlh.org ■ nlh.org