

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.

**JANUARY
2019**

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

Topic	Date ~ Time	Place	Details
Core 4 Adult Weight Management	1/3 – 3/21 3:30 – 4:30 pm	Nathan Littauer Hospital Groversville	12 sessions (Thursdays). Want to lose weight and improve your overall health? Approved by the Academy of Nutrition & Dietetics, topics include nutrition education, physical activity, and behavioral therapy in weight reduction and management. Led by Registered Dietitians of Littauer's Nutritional Services. \$125 fee
Chair Yoga	1/4, 18 & 25 10 – 11 am	HealthLink Littauer Johnstown	3 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
Wellness Walkers	1/7 – 1/28 9 – 10 am	Johnstown Mall	4 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!
Gentle Yoga	1/7 – 1/28 5:30 – 6:30 pm	HealthLink Littauer Johnstown	4 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	1/8 & 1/22 9:15 – 10 am	HealthLink Littauer Johnstown	2 sessions (Tuesdays). 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
Zumba!	1/8, 22 & 29 6 – 7 pm	HealthLink Littauer Johnstown	3 sessions (Tuesdays). Exercise in disguise! Come join the fun with this high energy, calorie-burning dance party. This modern fitness program is appropriate for levels of experience. Alicia DeRuscio BS, Certified ZIN & Personal Trainer. \$7 fee/week
Understanding Alzheimer's & Dementia	1/10 3 – 4 pm	HealthLink Littauer Johnstown	1 session (Thursday). Overview for those facing a diagnosis or anyone wanting to learn more. We'll discuss the brain, risk factors, stages, treatments, research and resources. Meagan DeMento BA, Program Manager/Alzheimer's Association. FREE!
Parkinson's Support Group	1/17 2 – 3 pm	Mayfield Presbyterian Church	1 session (Thursday). Monthly group meeting... For anyone with Parkinson's or other neurological conditions and their caregivers. "RCIL Services" presented by Jamie Marshall of the Resource Center For Independent Living. FREE! No enrollment needed
Diabetes Self Management	1/17 – 2/21 5 – 7:30 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. Alicia DeRuscio BS and Jeannie Moller, Peer Educator. FREE program...complimentary meals included!
Childbirth Preparation Class	1/19 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).
♥ Health Screenings	1/22 9 am – 1 pm	HealthLink Littauer Johnstown	1 session (Tuesday). 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

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Healthy Eating, Active Living	1/22 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly sessions focusing on nutrition & physical activity. “Maintaining A Healthy Weight”...Learn the specifics of weight management by determining your body mass index (BMI), calories needed based on age and gender, physical activity recommendations, weight loss tips, and more! Alicia DeRuscio BS, Littauer’s Community Education Assistant. FREE!
Women With Heart Disease	1/22 3:30 – 4:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly group meeting... For women with heart disease and their family members. “Stress, Emotions & Meditation”...Keep your heart healthy with meditation to relax your mind, body and soul. Alicia DeRuscio BS, Littauer’s Community Education Assistant. FREE! No enrollment needed
ViP Luncheon: Senior Benefits Update	1/23 11:30 am – 1 pm	Nathan Littauer Hospital Gloversville	1 session (Wednesday). Especially For Adults 50+... Enjoy a buffet-style luncheon followed by our guest speaker from Fulton County Office For Aging. Get the latest information on Medicare, EPIC, HEAP, and the many services available locally! Luncheon fee: \$5 ViP members, \$6 general public. RSVP by 1/21
Chronic Disease Self Management	1/24 – 2/28 11 am – 1:30 pm	Nathan Littauer Hospital Gloversville	6 sessions (Thursdays). Evidence-based series of classes for anyone with an ongoing health condition such as diabetes, heart disease, COPD, chronic pain, obesity, depression, anxiety, etc. Tammy Merendo RN BSN and Barbara Neznek, Peer Educator. FREE program...complimentary meals included!
Diabetes Discussion	1/28 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). Monthly sessions focusing on diabetes. “Label Reading & Meal Planning”...We’ll discuss carbohydrates, fats, proteins, and their importance when planning meals. We’ll practice reading food labels and learn step-by-step guidelines for preparing healthy meals to help regulate blood sugar. Alicia DeRuscio BS, Littauer’s Community Education Assistant. FREE!
Snowshoe Hike	1/30 10 am – 12 noon	Scotch Bush Herb & Tree Farm Amsterdam	1 session (Wednesday). Rated Easy ~ Beginners Welcome. Keep moving this winter! Join us as we snowshoe along a serene farm trail by a picturesque pasture to a peaceful creek. Led by Diana Strnisa MS, retired DEC environmental educator. \$10 guide fee (limited number of snowshoes available to loan)
NEW... Mindfulness Every Day	1/30 – 3/6 10:30 am – 1 pm	HealthLink Littauer Johnstown	6 sessions (Wednesdays). Cultivate moment-to-moment awareness in every day life through this six-week course! Each session includes mindfulness practice through meditation, gentle yoga, body scan, walking meditation, and mindful eating. Renee Purcell RN, Certified Life Coach. \$30 fee (scholarships available for those in need). Pre-registration required by 1/22
Seasonal Crafts	1/30 6 – 7:30 pm	HealthLink Littauer Johnstown	1 session (Wednesday). Experience the proven therapeutic effects of creativity! Relax and release your stress by painting your own decorative sign perfect for the winter season featuring a snowman & the quote “There’s Snowplace Like Home.” Kathleen DeRuscio, experienced crafter. \$15 fee includes materials

JANUARY GROUP MEETINGS

- Breastfeeding 1/3 Nathan Littauer 12:30 pm
- Chronic Disease 1/9 HealthLink 1 pm
- Alzheimer’s 1/10 HealthLink 4 pm
- Beyond Moms 1/10 HealthLink 5:30 pm
- Alzheimer’s 1/17 Mayfield Presbyterian 10:30
- Parkinson’s 1/17 Mayfield Presbyterian 2 pm
- Breastfeeding 1/17 HealthLink 5:30 pm
- Heart Disease 1/22 HealthLink 3:30 pm
- Mother To Mother 1/26 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



Thinking About Quitting?

Call 1-866-697-8487
 or visit nysmokefree.com
 New York State Smokers’ Quitline

