

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.

**JUNE
2019**

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

Topic	Date ~ Time	Place	Details
Wellness Walkers	6/3 – 6/24 9 – 10 am	Littauer's Walking Track Gloversville	4 sessions (Mondays). Outdoor walking group open to anyone wanting to get active and have some fun! Walking is one of the best and easiest forms of physical activity to help you stay healthy. Alyssa Craig BS, Public Health Educator. FREE!
New Day & Time: Chair Yoga	6/3 – 6/24 4 – 5 pm	HealthLink Littauer Johnstown	4 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	6/3 – 6/24 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
Seasonal Crafts	6/4 6 – 7:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Experience the proven therapeutic effect of creativity! "Painting The Seasons" ... Relax and unwind as you paint and decorate your own canvas to create a unique, colorful four-season painting! Led by Kathleen DeRuscio, experienced crafter. \$15 fee includes all materials
Zumba Gold	6/7 – 6/21 9 – 9:45 am	HealthLink Littauer Johnstown	3 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	6/7 – 6/28 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
Childbirth Preparation Class	6/8 8 am – 4 pm	Nathan Littauer Hospital Gloversville	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).
Healthy Eating, Active Living	6/11 2 – 3 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly educational sessions focusing on nutrition & physical activity. "Dairy & Daily Workouts" ... Learn how dairy products differ, their nutritional value, adding more to your diet, along with small bouts of daily activity. Alicia DeRuscio BS, Littauer's Community Education Assistant. FREE!
 Health Screenings	6/12 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
Better Breathers Club	6/13 1 – 2:30 pm	HealthLink Littauer Johnstown	1 session (Thursday). Monthly group meeting... For anyone with a chronic breathing condition or lung disease. "Lifeline Emergency Response & Advance Directives" with Margaret Luck of Littauer's Lifeline & Fulton County Coroner. FREE! No enrollment needed
Understanding Alzheimer's & Dementia	6/13 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!

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Beyond Moms	6/13 5:30 – 7 pm	HealthLink Littauer Johnstown	1 session (Thursday). Monthly parenting discussion group... For new mother's, their babies and loved ones. Focus on breast-feeding, parenting & how moms can get the support they need to assure a positive family experience. FREE! No enrollment needed
Diabetes Discussion	6/17 2 – 3 pm	HealthLink Littauer Johnstown	1 session (Monday). Monthly educational sessions for anyone with diabetes. "Know Your ABC's" ... We'll discuss how to keep your A1C, blood pressure and cholesterol in check through goal setting and behavior change strategies. Alicia DeRuscio BS, Littauer's Community Education Assistant. FREE!
Pain Self Management	6/18 – 7/23 5 – 7:30 pm	Nathan Littauer Hospital Gloversville	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. Alicia DeRuscio BS & Jeannie Moller, Peer Educator. FREE program...complimentary meals included!
Women With Heart Disease	6/25 3 – 4:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly group meeting... For women with heart disease and their family members. "Women & AFib" ... presented by Alicia DeRuscio BS, Littauer's Community Education Assistant. FREE! No enrollment needed
Chronic Disease Self Management	6/25 – 7/30 11 am – 1:30 pm	The Inn At Speculator 2828 NY-8	6 sessions (Tuesdays). 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 & Mark Capone, Peer Educator. FREE program...complimentary meals included!
ViP Luncheon: Breathe Easy	6/26 11:30 am – 1 pm	Nathan Littauer Hospital Gloversville	1 session (Wednesday). Especially For Adults 50+... Enjoy a buffet-style luncheon followed by a guest speaker from Littauer's Pulmonary Rehab Services. A respiratory therapist will discuss common breathing disorders, symptoms, diagnosis, treatments available, how to keep your lungs healthy, and more. Luncheon fee: \$5 ViP members, \$6 general public. RSVP by 6/24
Breastfeeding Your Baby	6/27 6:30 – 8 pm	Nathan Littauer Hospital Gloversville	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! There is a fee associated with this class. Call your insurance company for benefit information. To attend, call Patient Access 518-775-4250

JUNE SUPPORT GROUPS

- **Breastfeeding 6/6** Nathan Littauer 12:30 pm
- **Chronic Disease 6/12** HealthLink 1 pm
- **Better Breathers 6/13** HealthLink 1 pm
- **Alzheimer's 6/13** HealthLink 4 pm
- **Beyond Moms 6/13** HealthLink 5:30 pm
- **Alzheimer's 6/20** Mayfield Presbyterian 10:30
- **Parkinson's 6/20** Mayfield Presbyterian 2 pm
- **Breastfeeding 6/20** HealthLink 5:30 pm
- **Mother To Mother 6/22** Mohawk Harvest 2:30 pm
- **Heart Disease 6/25** HealthLink 3:30 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 Exams ~ Pap Tests
 Call NYS Cancer Services Program 518-770-6816

SAVE THE DATE!

HealthLink's Twenty-Third Annual Women's Wellness Conference



Images Of A Woman

WEDNESDAY, JULY 31, 2019
 Holiday Inn ~ Johnstown

~ FOR ALL WOMEN ~

Two Sessions: 12-2:30 or 6-8:30 p.m.

Keynote Speaker: Ann M. Thane
 Former Mayor, Artist, Wife, Mom, Adventurer

"BEING FEMALE: Blessed, Quixotic, Funny, Fierce, And ... HUNGRY!"

More details next month...



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