

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

**MARCH  
2019**

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

<b>Topic</b>	<b>Date ~ Time</b>	<b>Place</b>	<b>Details</b>
<b>New Day &amp; Time: Zumba Gold</b>	<b>3/1 – 3/29 (skip 3/15) 9 – 9:45 am</b>	<b>HealthLink Littauer Johnstown</b>	4 sessions (Fridays). <b>Time to dance away those calories!</b> Exercise class designed specifically for active older adults with easy-to-follow choreography. Alicia DeRuscio BS, Certified ZIN & Personal Trainer. \$5 fee/week
<b>Chair Yoga</b>	<b>3/1 – 3/29 10 – 11 am</b>	<b>HealthLink Littauer Johnstown</b>	5 sessions (Fridays). <b>For anyone interested in gentle yoga with the support of a chair.</b> All ages and mobility levels can experience the health benefits from this easy form of yoga! Jeannie Moller RYT, Instructor. \$7 fee/week
<b>Wellness Walkers</b>	<b>3/4 – 3/25 (skip 3/18) 9 – 10 am</b>	<b>Johnstown Mall</b>	3 sessions (Mondays). <b>Indoor walking group open to anyone wanting to get active and have some fun!</b> Walking is one of the best forms of physical activity to stay healthy. Alicia DeRuscio BS, Personal Trainer & Alyssa Craig BS, Health Educator. <b>FREE!</b>
<b>Gentle Yoga</b>	<b>3/4 – 3/25 5:30 – 6:30 pm</b>	<b>HealthLink Littauer Johnstown</b>	4 sessions (Mondays). <b>For anyone interested in relaxing, gentle yoga sessions.</b> Experience improved strength and flexibility, and a positive effect on internal organs and systems. Jeannie Moller RYT, Instructor. \$7 fee/week
<b>Zumba!</b>	<b>3/5 – 3/26 (skip 3/19) 6 – 7 pm</b>	<b>HealthLink Littauer Johnstown</b>	3 sessions (Tuesdays). <b>Exercise in disguise!</b> 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
<b>NEW... Pain Self Management</b>	<b>3/7 – 4/11 11 am – 1:30 pm</b>	<b>Nathan Littauer Hospital Gloversville</b>	6 sessions (Thursdays). <b>Evidence-based series of classes specifically designed for anyone living with chronic pain.</b> Learn how to overcome barriers, manage and cope with your condition. Tammy Merendo RN BSN and Barbara Neznec, Peer Educator. <b>FREE program...complimentary meals included!</b>
<b>Healthy Eating, Active Living</b>	<b>3/11 11 am – 12 noon</b>	<b>HealthLink Littauer Johnstown</b>	1 session (Monday). <b>Monthly educational sessions focusing on nutrition &amp; physical activity.</b> "All About Activity" ... We'll discuss the many health benefits and what you can do to incorporate exercise into your everyday routine. Alicia DeRuscio BS, Littauer's Community Education Assistant. <b>FREE!</b>
<b>♥ Health Screenings</b>	<b>3/12 9 am – 1 pm</b>	<b>HealthLink Littauer Johnstown</b>	1 session (Tuesday). <b>Are YOU at risk for heart disease, diabetes or a stroke?</b> 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. <b>No appointments necessary</b>
<b>Alzheimer's: Effective Communication</b>	<b>3/14 3 – 4 pm</b>	<b>HealthLink Littauer Johnstown</b>	1 session (Thursday). <b>Overview of the common causes of communication issues and barriers related to Alzheimer's.</b> Get helpful tips & suggestions on the best ways to communicate with someone affected by dementia. Meagan DeMento BA, Program Manager/Alzheimer's Association. <b>FREE!</b>
<b>NEW... Fun Food Facts For Kids!</b>	<b>3/16 9 am – 12 noon</b>	<b>Fulton County YMCA</b>	1 session (Saturday). <b>March is National Nutrition Month!</b> Come see us to learn about our new healthy lifestyle program for kids, play our 'Build A Healthy Plate' game, win prizes, and more. Littauer's Erika Winney MS RDN CDN & Tammy Merendo RN BSN. <b>Open to the general public ... FREE!</b>
<b>Chronic Disease Self Management</b>	<b>3/19 – 4/23 12:30 – 3 pm</b>	<b>First Presbyterian Church Broadalbin</b>	6 sessions (Tuesdays). <b>Evidence-based series of classes for anyone with an ongoing health condition</b> such as diabetes, heart disease, COPD, chronic pain, obesity, depression, anxiety, etc. Tammy Merendo RN BSN and Mark Capone, Peer Educator. <b>Open to the general public ... FREE!</b>

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