


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.

**MARCH
2020**

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

Topic	Date ~ Time	Place	Details
Wellness Walkers	3/2 – 3/30 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 keep you healthy. Tammy Merendo RN BSN, Director of Community Education. FREE!
Chair Yoga	3/2 – 3/30 4 – 5 pm 3/6 – 3/27 10 – 11 am	HealthLink Littauer Johnstown	5/4 sessions (Mondays/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 per session
Gentle Yoga	3/2 – 3/30 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 per session
Zumba Gold	3/4 – 3/25 9 – 9:45 am	HealthLink Littauer Johnstown	4 sessions (Wednesdays). 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 per session
 Health Screenings	3/11 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
Understanding Alzheimer's	3/12 10 – 11 am	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!
Childbirth Preparation Class	3/14 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, Pamela Tretola RN, of The Birthing Center At Littauer. \$45 fee (scholarships available for those in need).
Relax With Crafts	3/17 1 – 3 pm 6 – 8 pm	HealthLink Littauer Johnstown	1 session each (Tuesday). Experience the therapeutic benefits of mindfulness! Relax and unwind as you create a unique lion or lamb made from wool and a few other basic craft supplies. You can keep this decorative piece for yourself or give as a gift! Mark Capone, crafter. \$15 fee per session includes all materials
NEW... Healthy Weight For Every Body	3/18 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Wednesday). For anyone interested in learning more about healthy weight management! Attend this special session to learn how to reach and maintain your healthy weight, as well as reducing the sugar in your diet, to improve your overall health. We'll sample a tasty low-calorie recipe! Tamara Glaser, Nutrition Educator/Cornell Cooperative Extension. FREE!
Parkinson's Support Group	3/19 2 – 3 pm	Mayfield Presbyterian Church	1 session (Thursday). Monthly group meeting... For anyone with Parkinson's or other neurological conditions, their family members and/or caregivers. Guest speaker: Lynn May, Littauer's Speech Pathologist. FREE! No enrollment needed

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ViP Luncheon: Senior Benefits Update	3/25 11:30 am – 1 pm	Nathan Littauer Hospital Gloversville	1 session (Wednesday). Especially For Adults 50+... Enjoy a buffet-style luncheon followed by guest speaker, Andrea Fettinger BA MEd, Director of Fulton County Office For Aging & Youth. Get the latest info on Medicare, EPIC, HEAP, and services available locally. Luncheon: \$5 ViP members, \$6 public. RSVP by 3/23
Infant Care & Parenting	3/26 6 – 8 pm	HealthLink Littauer Johnstown	1 session (Thursday). Babies aren't delivered with instruction manuals! Come learn parenting basics including how to calm a fussy infant, sleep patterns, feeding, sick child care, keeping them safe, and a segment on infant choking/CPR. Theresa Marcuccio RN BSN, Littauer's Community Health Educator. FREE!
Diabetes Discussion	3/30 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). Monthly educational sessions for anyone with diabetes and/or caregivers. "Know Your Numbers" ... We'll discuss the recommended lab values for diabetes including blood glucose levels, hemoglobin A1C's, and more. Tammy Merendo RN BSN, Littauer's Director of Community Education. FREE!
Women With Heart Disease	3/31 3:30 – 4:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly group meeting... For women with heart disease, their family members and/or caregivers. "Relax With Crafts" ... Experience the benefits of mindfulness as you learn the art of iris paper folding. FREE! No enrollment needed
Diabetes Self Management	3/31 – 5/5 5:30 – 8 pm	Nathan Littauer Hospital Gloversville	6 week series (Tuesdays). 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. Tammy Merendo RN BSN & Mark Capone, Peer Educator. FREE program...complimentary meals included!

WOMEN'S CANCER SCREENING
 March 27th ~ 1 – 3:30 pm ~ Nathan Littauer
 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 518-770-6816

MARCH SUPPORT GROUPS

- ➔ Breastfeeding 3/5 Nathan Littauer 12:30 pm
- ➔ Chronic Disease 3/11 HealthLink 1 pm
- ➔ Alzheimer's 3/12 HealthLink 11 am
- ➔ Better Breathers Club Meets May - December
- ➔ Beyond Moms 3/12 HealthLink 5:30 pm
- ➔ Alzheimer's 3/19 Mayfield Presbyterian 10:30 am
- ➔ Parkinson's 3/19 Mayfield Presbyterian 2 pm
- ➔ Breastfeeding 3/19 Twin Pine Chiropractic 5:30 pm
- ➔ Heart Disease 3/31 HealthLink 3:30 pm
- ➔ TOPS Wednesdays Nathan Littauer 5:30 pm


➔ For more details, visit nlh.org or call 518-736-1120

HEALTHLINK LITTAUER
 Wellness Education & Resources for over **30** Years

Since opening our doors on March 10, 1989,
 we have served 317,096 area residents
 with 9,533 free or low cost programs!

**CELEBRATING 31 YEARS
 OF HEALTH & WELLNESS 1989 - 2020**

Visit Our Wellness Center
 Monday - Friday ▪ 9 a.m. - 5 p.m.
 2 Colonial Court ~ Johnstown, NY 12095
 518-736-1120 ▪ healthlink@nlh.org ▪ nlh.org



SAVE A LIFE

Stop The Bleed is a national awareness campaign and call-to-action!

It's intention is to encourage bystanders to become trained, equipped & empowered to help in a bleeding emergency before professional help arrives.

If you would like to take a course to prepare yourself to assist injured people following a traumatic event, this one-hour training is available to the general public at no charge at Nathan Littauer Hospital as follows:

- ▶ March 19 3:30 – 4:30 pm
- ▶ April 16 7 – 8 pm
- ▶ May 21 2 – 3 pm
- ▶ June 19 7 – 8 pm
- ▶ July 16 2 – 3 pm
- ▶ August 20 7 – 8 pm
- ▶ September 17 2 – 3 pm
- ▶ October 22 7 – 8 pm
- ▶ November 19 2 – 3 pm
- ▶ December 17 7 – 8 pm

**Seating is limited...to attend a training,
 or for more information, please call 518-773-5495**

GO GREEN!

Save Paper & Receive This Program Calendar
SOONER By **E-MAIL** Each Month!

Simply send your e-mail address to: healthlink@nlh.org
 (Addresses submitted will be used for program calendars only.)