CDPHP Wellness
Events Winter-Spring 2015

CDPHP Events

Health Education

**Dining with Diabetes**
with Registered Dietitian Linda Crowley, Rd

Improves the nutritional profiles of your recipes by making simple substitutions without losing flavor. Control the amount of carbohydrates and reduce fat, sugar, and sodium in your favorite meals. Come taste a simple, healthy item created during the class.

→ COLONIE COMMUNITY CENTER
1653 Central Ave, Colonie
April 14, 6:00-7:00 p.m.

**Eating Well for Heart Health**
with a CDPHP Health Promotion Specialist

Attendees will learn the keys to healthy eating and tips to achieve a heart-healthy lifestyle.

→ GLENS FALLS HOSPITAL REHAB & WELLNESS CENTER
2 Country Club Rd., Queensbury
March 11, 5:30-6:30 p.m.

→ YMCA OF KINGSTON AND ULSTER COUNTY
507 Broadway, Kingston
March 26, 10:00-11:00 a.m.

**Get Heart Healthy!**
with a CDPHP Health Promotion Specialist

Gain an understanding of lifestyle factors to heart health. Attendees will receive tools and learn techniques to help maintain a healthy heart. Learn about the vial numbers such as blood pressure and cholesterol, explore effective stress-management techniques, and learn how exercise and nutrition can benefit heart health.

*This is a three-part program*

→ CAP COM
4 Winners Circle, Albany
Thursdays: March 12, 19, and 26, 5:30-6:30 p.m.

**Healthy Living Center**
Sponsored by CDPHP, Hannaford, and the Capital District YMCA

The Healthy Living Center, located at 900 Central Avenue in Albany inside the Hannaford Supermarket and Pharmacy, offers a variety of classes, programs, and workshops led by certified instructors on topics including fitness, nutrition, senior health, and disease management. Please visit www.HealthyAlbany.org or call (518) 729-4732 for more information.

**Living Healthy NY Community Workshops.**
Sponsored by the Center for Excellence in Aging & Community Wellness– SUNY at Albany

These free workshops meet once a week and are designed for adults (18+) living with ongoing health conditions and/or caregivers. Learn practical ways to feel better, be in control, and do the things you want to do. For more information and to register call (518) 442-5530 or visit www.ceacw.org/find-a-workshop.

**New York State Smokers’ Quitline**
For information about smoking cessation, call the New York State Smokers’ Quitline at 1-866-697-8487 or the National Quitline at 1-800-784-669.
Seton Health’s The Butt Stops Here
CDPHP is proud to partner with Seton Health to offer *The Butt Stops Here* smoking-cessation program. Call (518) 459-2550 for information.

Weigh 2 Be
with a CDPHP Health Promotion Specialist

Take control of your weight and health, and develop a realistic personal plan for lasting weight loss. By making lifestyle changes, you can feel better. We will look at behavior modification, nutrition, and physical activity. This program includes a weekly weigh-in.

**This is a six-part program.**
→ BETHLEHEM YMCA
900 Delaware Ave., Delmar
Tuesdays: March 24, 31, April 7, 14, 21, and 28. 10:15–11:15 a.m.
Weigh-ins begin at 9:45 a.m.

### Wellness

**Intro to Meditation**
Show your mind, slow your thoughts, slow yourself down! Traditional meditation techniques can help balance today’s hectic lifestyles, reduce stress, and increase your health. Please bring a mat, blanket, or cushion.
→ MAC FITNESS
with Patricia Laufer, CYT
743 E. Chester St., Kingston
March 21, 2:00-3:30 p.m.

→ COLINIE COMMUNITY CENTER
with Certified Kripalu Yoga Instructor Judi England
1653 Central Ave., Colonie
Wednesdays: April 1, 8, and 15, 6:00-7:00 p.m.

**Relaxation Techniques**
with Barbara Stevens, CHT
Learn ways to relax and find new, empowering tools to deal with stress. You’ll leave armed with skills and ideas to turn your life around.
→ MENTAL HEALTH ASSOCIATION OF COLUMBIA GREENE COUNTIES
713 Union St., Hudson
March 24 5:30-6:30 p.m.
→ CRANDALL PUBLIC LIBRARY
251 Glen St., Glens Falls
April 20, 6:00-7:00 p.m.

**Spring Back Into Organization**
with Professional Organizer Jordana Turcotte

Spring is here, and it’s time to clear out and get organized! Learn a simple system of purging and organizing large storage areas like the basement, garage, and even the great outdoors. This is the time to tackle the change of sessions. Get tips on how to let go of unneeded items and really clear out this spring.
→ GUILDERLAND PUBLIC LIBRARY
2228 Western Ave., Guilderland
March 23, 5:30-7:30 p.m.

**Tai Chi**
with a Certified Tai Chi instructor Earl O’Bryan

This slow-moving exercise system is based on traditional Chinese medicine and will enhance the mind, body, and spirit connection. Tai Chi can increase coordination, flexibility, strength, and balance. You will leave feeling refreshed and enlightened. Register at [www.HealthyAlbany.org](http://www.HealthyAlbany.org) or call (518) 729-4732.

**This is a three-part program**
→ HEALTHY LIVING CENTER
(inside Hannaford Supermarket and Pharmacy)
900 Central Ave., Albany
Mondays: March 9, 16, and 23, 1:00-2:00 p.m.
**Nutrition**

**Unbeatable Breakfast**
with a Cornell Cooperative Extension Instructor

Tired of the same old breakfast? Don’t have time to prepare anything? Learn why breakfast is important, and get some new ideas to make it more interesting and doable— even on busy weekdays. Prepare and sample several yummy and nutritious recipes, and leave with more ideas to try at home.

→ CORNELL COOPERATIVE EXTENSION
50 West High St., Ballston Spa
April 1, 6:00-7:30 p.m.

→ CORNELL COOPERATIVE EXTENSION
24 Martin Rd., Voorheesville
April 7, 6:30-8 p.m.

**Whole Foods Market Gluten-Free Tasting and Store Tour**
This tour is for individuals who are gluten-free or looking for a gluten-free diet. Experts will answer questions, provide samples, and show you where various gluten-free products are located in the store and how to incorporate them into your diet.

→ WHOLE FOODS MARKET
1425 Central Ave., Colonie
February 28, 10:00-11:00 a.m. or April 7, 7:00-8:00 p.m.

**Veggie Mobile**
CDPHP endorses the Capital District Community Gardens (CDCG) Veggie Mobile. This unique mobile produce van makes fresh, nutritious fruits and vegetable available to Capital District neighborhoods. Go to [www.cdcg.org/programs/veggie/veggie](http://www.cdcg.org/programs/veggie/veggie) to find a stop near you!

**Fitness**

**Belly Dancing**
with Certified Instructor Eliana

Experience the magical movements and ancient art of this beautiful and energizing dance. Through dancing, you release tension and relax into calmness and serenity. This is suitable for all ages and sizes. Wear lose, comfortable clothing— NO jeans. Bring something to wear around your hips.

This is a two-part program
→ COLONIE COMMUNITY CENTER
1653 Central Ave., Albany
April 22 and 29, 6:00-7:00 p.m.

**Bokwa®**
with a Certified YMCA Instructor

Bokwa is a new and completely different approach to group exercise that is rapidly spreading across the globe. Participants draw letters and numbers with their feet while performing an energizing cardio workout routine. Making together today’s popular music, participants of all ages draw the Bokwa L, 3, J, K, and dozens of other steps.

March 13 and 20, 6:30-7:30 p.m.

This is a two-part program
→ SCHNECTADY YMCA
433 State St., Schenectady
March 13 and 20, 6:30-7:30 p.m.

**Dance Xross Fitness**
with a Certified YMCA Instructor

A comprehensive cardio-interval fitness program that mixes four disciplines of movement— dance,
kickboxing, strength training, and soul line dancing.

This is a two-part program
→ YMCA OF KINGSTON AND ULSER
507 Broadway, Kingston
March 9 and 16, 6:30-7:30 p.m.

Intro to Kickboxing
with a Certified Instructor

Get in great shape with this kickboxing conditioning class. Take your training to the next level! Punch, jab, cross, elbow, and knee in this dynamic full-body workout. Class consists of drills, bag work, mitts, and plyometrics. It’s a great stress reliever for all levels.

This is a two-part program.
→ UFC GYM
457 Albany Shaker Rd., Loudonville
March 7 and 14, 1:30-2:30 p.m.

Nia with Joelle Lydon, CPC

Nia blends easy-to-learn choreography with expressive, free-form movement. This unique combination enhances precision, expression, and mindfulness. This class is adaptable for everybody, regardless of fitness level. Learn to develop cardiovascular conditioning, flexibility, strength, mobility, and balance by tuning into your body’s messages.

This is a two-part program.
→ COLONIE COMMUNITY CENTER
1653 Central Ave., Albany
March 30, 6:00-7:00 p.m.

Tabata
with a certified YMCA Instructor

Tabata is a high-intensity training regimen that produces remarkable results. A Tabata workout is an interval training cycle of 20 seconds of maximum-intensity exercise, followed by 10 seconds of rest, repeated without pause eight times for a total of four minutes.

Total Fit
with a Certified YMCA Instructor

Have you hit a plateau, or do you want to try something new? Try our high-intensity, full-body workout class that combines all the new workout trends: interval, resistance, endurance, and strength training.

→ GLENS FALLS FAMILY YMCA
600 Glenn St., Glens Falls
March 25, 6:30-7:30 p.m.

“Warm” Beginner Yoga
with a Certified YMCA Instructor

Introductory relaxation and breathing exercises with be taught, basic poses explored, and modifications given to enhance the participant’s comfort level and ability.

This is a two-part program.
→ SARATOGA REGIONAL YMCA-WILTON BRANCH
20 Old Gick Rd., Saratoga Springs
March 15 and 23, 12:15 p.m.-1:30 p.m.

Zumba
With a Certified YMCA Instructor

Try a very exciting class full of Latin and exotic flavors. It incorporates easy-to-follow hip-hop, cha-cha, merengue, salsa, and mambo moves to set and infectious Latin Beat.

→ AMSTERDAM YMCA
52 Pawling St., Amsterdam
March 10, 6:15-7:15 p.m.

PLEASE NOTE: All wellness class participants accept responsibility for any injury or medical condition that may result from their attendance.