

{ family ideas }

Fun and Fitness for Every Age

→ CDPHP offers a variety of wellness classes throughout our communities to help you stay healthy while having fun. The programs listed here are free for CDPHP members and provided by trained educators. All programs require preregistration by calling the CDPHP Wellness Line or by using the Internet. If the class is full when you register, you will be notified by telephone within five business days of your registration. Confirmation of your registration will be sent to you 10 days prior to the selected program.



Healthy Families

BodyWorks for Healthy Teens & Strong Families with a CDPHP health educator

BodyWorks is designed to help parents and caregivers of children ages 9 to 14 improve family eating and activity habits. Come meet with other parents and caregivers of young teens to get advice and free tools to help make small, specific behavior changes to prevent obesity and maintain a healthy weight. Your teen may participate in some of the sessions. Together, you will receive a free toolkit including a video on healthy shopping and cooking strategies, a recipe book, food and fitness journals, and more!

This is an eight-part program.

Farnsworth Middle School
Family and Consumer Science
Classroom 559
6072 State Farm Road, Guilderland
Jan. 19, 26, Feb. 2, 9, 16, March 2, 9, 16,
6:30–8:30 p.m.

BodyWorks programming is also available in Ulster and Dutchess counties. For additional information, please contact Laurie Deutsch Mozian, MS, RD, project director of the Community Heart Health Coalition of Ulster County, at (845) 338-2500 ext. 4061 or lmozian@kingstonhospital.org.

Celebrate for Less with Cornell Cooperative Extension

With a little planning ahead, you can help ease financial holiday stress and maybe enjoy the holidays more! Learn some healthy menu planning techniques and crafty decorating ideas that just might create new holiday traditions.

Cornell Cooperative Extension
61 State St., Troy
Nov. 4, 11 a.m.–12:30 p.m.

Schenectady Home Town Health
1044 State St., Schenectady
Nov. 4, 10–11:30 a.m.

Whitney Young Health Center
920 Lark Drive, Albany
Nov. 11, 10–11:30 a.m.

Help Your Child Breathe Easier This Winter with your local Asthma Coalition

Join an expert from your local Asthma Coalition to learn more about how you as a parent or caregiver can help keep asthma under control. Learn what winter triggers for asthma may be lurking in your home.

Community Care Physicians, Latham
Main Board Room, Suite 201
711 Troy Schenectady Road, Latham
Nov. 9, 6–7:30 p.m.



MommyFit and Me with certified instructor Eliana Roque

A muscle-conditioning class for new mothers focusing on core-strengthening exercises that may incorporate the baby. For safety reasons, only non-crawling infants may be admitted into the class. Bring baby stroller, mat, and water bottle. Dress in comfortable clothing and sneakers.

This is a three-part program.

YMCA of Saratoga
290 West Ave., Saratoga Springs
Jan. 15, 22, noon–1 p.m.

Yoga for Pregnancy with Judith A. England, RN, LMT

What better gift for a new baby than a healthy, relaxed mom! Let these gentle stretches, breathing techniques, and guided relaxation help you to a better pregnancy and birth experience. Wear clothing that allows free movement. Bring one bed-size pillow, one small pillow, and a blanket or mat for the floor.

This is a three-part program.

ABC Sports & Fitness
3 Johnson Road, Latham
Nov. 6, 13, 20, 11:30 a.m.–12:30 p.m.

Rock Climbing with Albany Indoor Rock Gym instructors

A.I.R., the premier indoor rock gym, welcomes kids ages 10 and older to come experience an assortment of overhangs, floor-to-ceiling cracks, the option to climb across the ceiling, and wall surface features that give you an indoor experience that is the closest you can come to outdoor climbing. Parents and caregivers are encouraged to attend.

Albany Indoor Rock Gym
4 Vatrano Road, Albany
Nov. 13, 10 a.m.–1 p.m.

Senior Health



10 Methods of Balance for All with Grandmaster Jiang Jianye

Balance is important for all activities, especially for adults and seniors. You will learn to improve your balance by using every part of your body.

This is a two-part program.

Pil-Sung Martial Arts
1095C Central Ave., Albany
Jan. 15, 22, 9–10:30 a.m.

Moving With Arthritis with Janice Pastizzo, MA

Do you feel pain, stiffness, and limited range of motion from arthritis? Exercise helps reduce the pain and fatigue associated with different kinds of arthritis.

This is a three-part program.

Sunnyview Lifestyle Wellness Center
1270 Belmont Ave., Schenectady
Nov. 2, 9, 16, noon–1 p.m.

Pack Your Bag: Medication Checkup with CVS pharmacists

Learn how to manage your medications and save money! Attend a brief presentation on the ABCs of medication management, followed by a confidential one-on-one consultation with a trained CVS pharmacist.* Pharmacists will review prescription and non-prescription medications, offer advice on best practices, and answer any questions.

*Sign-up sheets for one-on-one medication consultation appointments will be available at the registration table on the day of the program. Appointments will be on a first-come, first-served basis. Please bring your prescription bottles and non-prescription medicines to review with a pharmacist.

Schenectady Jewish Community Center
Senior Meeting Room
2365 Balltown Road, Schenectady
Jan. 18, 10–11:30 a.m.

Health Education

Release the Pressure with a CDPHP health educator

You can do it! Step-by-step recommendations for achieving a healthier lifestyle while preventing or managing high blood pressure. Motivation and education for those individuals ready to take control of their cardiovascular health.

Colonie Community Center
East Lounge
1653 Central Ave., Colonie
Dec. 6, 5:30–7:30 p.m.

Smoking Cessation Seton Health's *The Butt Stops Here*

CDPHP is proud to partner with Seton Health to offer The Butt Stops Here smoking cessation program.

Contact Debbie Keefe at (518) 459-2550 or e-mail dkeefe@setonhealth.org.



New York State Smokers' Quitline

For more information about smoking cessation, you can also call the New York State Smokers' Quitline at 1-866-697-8487 or the National Quitline at 1-800-784-8669.

Weigh 2 BeSM with a CDPHP health educator

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. Includes a weekly weigh-in.

This is a six-part program.

Albany Memorial School of Nursing
Slingerlands Conference Room
600 Northern Blvd., Albany
Jan. 20, 27, Feb. 3, 10, 17, 24,
5:30–6:30 p.m.

Weigh-ins start at 5 p.m.

Wellness

Control Stress in Times of Change

with Barbara Stevens, CHT

Learn to identify your personal holiday stressors, and find new empowering ways to deal with them. Leave this class armed with new skills and ideas that can help you have a healthy, happy, holiday season.

Columbia Memorial Hospital
Conf. Room 1, Administrative Services
Bldg. (across the street from hospital)
71 Prospect St., Hudson
Nov. 4, 6–7 p.m.

Resolve to Succeed with Barbara Stevens, CHT

Learn proven techniques to help you manage stress and stay motivated to succeed at your New Year's resolutions.

Colonie Community Center
East Lounge
1653 Central Ave., Colonie
Jan. 19, 26, Feb. 2, 6–7 p.m.

Strategies for a Healthy Holiday Season

with Laura A. Hunt, LCSW
and Frank Macri, LCSW

Are you spending the holidays apart from loved ones this year? Holidays can often make people feel sad and lonesome. We'll explore some of the challenges of the holiday season and strategies for dealing with them differently this year.

Pinnacle Behavioral Health
2nd floor, Suite 201
1 Pinnacle Place, Albany
Nov. 16, 6:30–8 p.m.

Nutrition

Mindful Eating

with Ellie Wilson, RD, MS

Very small habits that we are not aware of can have very big consequences when it comes to health and wellness. Learning simple changes and how to be mindful of what and how much you're eating can have a big impact.

Price Chopper Offices
461 Nott St., Schenectady
Dec. 2, 6–7:30 p.m.



Simple Winter Soups and Stews with Cornell Cooperative Extension

Use your kitchen gadgets to take the chill out of winter and make comforting soups and stews. Cooking doesn't have to take a lot of time and effort. Dust off the slow cooker, dutch oven, food processor, and microwave. Easy winter foods ahead!

Join a nutrition educator from your local Cornell Cooperative Extension for healthy cooking classes. Register for one or both family-friendly classes in the series. Children ages 10 and older are welcome to attend with their parent(s).

Cornell Cooperative Extension at the following locations:

50 West High St., Ballston Spa
Jan. 11, 6:30–8 p.m.

24 Martin Road, Voorheesville
Jan. 11, 6:30–8 p.m.

55 East Main St., Johnstown
Jan. 18, 6–7:30 p.m.

61 State St., Troy
Jan. 20, 5:30–7 p.m.

{ did you know? }

How to Register

→ Register by going to www.cdphp.com. Click on “Wellness resources” in the Members section of our home page. You may also call the CDPHP Wellness Line at (518) 641-4800 or toll-free at 1-877-986-2373.

Please note: Appearance of a program in this schedule should not be interpreted as a medical endorsement by CDPHP. The benefits available through CDPHP contracts are administered separately and based on medical necessity and scientifically proven standards of care. All wellness class participants will be required to read and sign a release stating that they accept responsibility for any injury or medical condition that may result from their attendance.



Fitness

It is important to dress appropriately for all fitness classes. This includes comfortable clothing and proper footwear.

Aquarobics with a YMCA instructor

Stretching, flexibility, and balance exercises (similar to Pilates) in the shallow end of the pool. Routines are choreographed to music. Ballet, jazz, and modern dance exercises are incorporated into the routines.

YMCA of Kingston and Ulster County
507 Broadway, Kingston
Jan. 11, 18, 25, 10:30–11:15 a.m.

Fitlates with certified instructor Teresa Burke

Based on traditional Pilates exercises, this class will incorporate functional movement to provide a workout that will improve core strength, balance, and flexibility. Get the best of Pilates and more.

This is a two-part program.

HealthPlex Fitness-Wellness Center
1673 Route 9, Clifton Park
Nov. 1 and 8, 7–8 p.m.

Lengthen and Strengthen with certified instructor Janet Thomas

This low-impact class will incorporate simple and safe static stretching along with the use of body weight resistance for strengthening. No experience or equipment needed and suitable for everyone.

AIM Fitness
6142 State Highway 12, Suite 2, Norwich
Nov. 3, 5:30–6:30 p.m.

Intro to Fitness with a certified instructor

Take the first step to fitness. Learn some basic routines to keep you motivated and moving.

The Fitness Center (Alpin Haus)
4852 State Hwy. 30, Amsterdam
Nov. 3, 10, 17, 6:30–7:30 p.m.

Middle Village Gym
404 Main St., Schoharie
Nov. 2, 9, 16, 5:30–6:30 p.m.

Intro to Zumba with a certified instructor

Ditch the workout, join the party! Zumba fuses hypnotic Latin and international rhythms with easy-to-follow moves to create a dynamic workout! This class takes the four basic Zumba rhythms to create a fun and effective workout.

Best Fitness, Inc.
2330 Watt St., Schenectady
Nov. 12, 7:15–8:15 p.m.

Best Fitness, Inc.
911 Central Ave., Albany
Jan. 7, 7:15–8:15 p.m.

YMCA of Kingston
507 Broadway, Kingston
Jan. 14, 5:30–6:30 p.m.

