

Glens Falls Hospital Community Health Calendar

June - August 2009

HEALTHY LIVING

Tai Chi for Beginners: FREE

Mondays from 3:30-4:30 pm & 5:30-6:30 pm
GFH C.R. Wood Community Learning Center

**To register or for more information call:
The Wellness Center at 926-5942**

Yoga for Beginners:

\$11 per class

Thursdays from 4:30-5:30 pm
GFH C.R. Wood Community
Learning Center



**To register or for more
information call:**

The Wellness Center at 926-5942

Strong Women, Strong Bones: \$80

Tuesdays and Thursdays, 5:00 pm-6:00pm
Next 2 Sessions: June 2nd - July 23rd and
August 11th—October 1st

**To register or for more information call:
The Community Health Office at 926-5905**

OSTEO Support Group: FREE

Call for program dates and locations today!

**To register or for more information call:
The Osteoporosis Program at 926-5919**

LIVING WITH DIABETES

Dining with Diabetes

Tuesday's, June 2nd, 9th & 16th 10:00 am -12:00 pm
Cynthia Meadows, 22 Woodlawn Avenue, Greenwich

**To register or for more information call:
Cornell Cooperative Extension at 746-2560**

Putting it Together

An educational program for people with diabetes and
their families.

Wednesday, June 24, 2009, 5:00 -7:00pm
Byron Park Building, Route 28, Indian Lake, NY

**To register or for more information call:
The Seven County Diabetes Network at 926-5906**

CHILDBIRTH EDUCATION

Childbirth Preparation: \$70 per couple

Childbirth Refresher: \$20 per couple

Preparing for Breastfeeding: \$10 per couple

Boot Camp for New Dads: \$15 per person

Sibling Preparation: \$10 1 child/\$5 for more

Massage During Pregnancy: \$25 per couple

Infant Massage: \$25 pp or \$35 per couple

Caring for Your Infant: \$10 per person

Tot Saver Classes: \$15 pp or \$25 per couple

Super Sitter Babysitter Course: \$25 pp

**To register or for more information call:
The Snuggery at 926-6095**

HELP FOR SMOKERS

Quit for Life: FREE

6-week Stop Smoking Program

Call for program dates and locations today!

Quit for Life Support Group: FREE

Thursdays from 6:00-7:00 p.m.

GFH C.R. Wood Cancer Center Library

**To register or for more information call:
The Tobacco Cessation Center at 926-5905**

SENIOR FITNESS

Senior Exercise:

\$42 p/program

An 8-week exercise program

Tuesdays & Thursdays at
9:00 a.m. or 10:00 a.m. at

**To register or for more
information call:**

**The Wellness Center
at 926-5942**

For information on breast,
cervical, and colorectal
screenings at no cost to those
without health insurance,
please call: **Cancer Services
Program Partnership at
1-800-882-0121**

To schedule a mammogram
on our **Community Health
Screening Van** at a location
near you, please call:
926-5333

**To receive this calendar as a pdf,
please send your e-mail address to:
rlevine-pritzker@glensfallshosp.org**



Healthy Hometown Programs

A Community Service of Glens Falls Hospital

