

# Glens Falls Hospital Community Health Calendar

## March - April 2010

### HEALTHY LIVING

#### Strong Women, Strong Bones: \$80

Tuesdays and Thursdays from 5:00-6:00 pm

Next Session: March 16<sup>th</sup> - May 6<sup>th</sup>

To register or for more information call:  
Sheri at 926-5941



#### Tai Chi for Beginners: FREE

Mondays from 3:30-4:30 pm & 5:30-6:30 pm

GFH C.R. Wood Community Learning Center

#### 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

### SENIOR FITNESS

#### Senior Exercise: \$42

An 8-week exercise program

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

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

### LIVING WITH DIABETES

#### Insulin Pump Support Group

Tuesday, March 2, 2010 at 6:00 pm

GFH C.R. Wood Community Learning Center Side A

#### Diabetes Support Groups

Wednesday, March 10, 2010 at 6:00 pm

GFH C.R. Wood Community Learning Center Side A

#### Diabetes Self-Management Classes

Wednesday, March 10, 2010 from 8:30-4:00 pm

GFH C.R. Wood Community Learning Center Side A

Wednesday, April 7, 2010 from 8:30-4:00 pm

Call for program location

To register or for more information call:  
The Nutrition and Diabetes Center at 926-2613

### 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

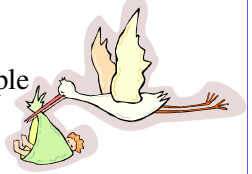
**Infant Massage:** \$25 per person or \$35 per couple

**Caring for Your Infant:** \$10 per person

**Tot Saver Classes:** \$15 per person or \$25 per couple

**Super Sitter Babysitter Course:** \$25 per person

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



### HELP FOR SMOKERS

#### Within 20 Minutes of quitting smoking:

Your blood pressure and pulse rate return to normal

#### Within 8 Hours of quitting smoking:

The level of oxygen in your blood rises to normal.

#### At 24 hours of quitting smoking:

Your risk of heart attack starts to drop.

#### At 2 Days of quitting smoking:

Your senses of smell and taste improve.

#### At 3 Days of quitting smoking:

Breathing gets easier and lung capacity increases

#### Within 2 Weeks to 3 Months of quitting smoking:

Your Circulation gets better

#### Within 1 to 9 Months of quitting smoking:

Coughing, sinus problems and shortness of breath decrease and you have more energy.

Whether you're thinking about quitting or ready to quit, call the NYS Smokers' Quitline for help and support.

**1-866-NY-QUITS (1-866-697-8487)**

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 receive this calendar as a pdf,  
please send your e-mail address to:  
[rlevine-pritzker@glensfallshosp.org](mailto:rlevine-pritzker@glensfallshosp.org)



**Healthy Hometown Programs**

A Community Service of Glens Falls Hospital

