

Glens Falls Hospital Community Health Calendar

November - December 2009

HEALTHY LIVING

Strong Women, Strong Bones: \$80

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

Call for program dates and locations today!

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

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

LIVING WITH DIABETES

Insulin Pump Support Group

Tuesday, November 3, 2009 at 6:00 pm

GFH C.R. Wood Community Learning Center Side B

Diabetes Support Groups

Thursday, December 10, 2009 at 6:00 pm

GFH C.R. Wood Community Learning Center Side A

Diabetes Self-Management Classes

Friday, November 13, 2009 from 8:30-4:00 pm

GFH C.R. Wood Community Learning Center Side A

Monday, December 7, 2009 from 8:30-4:00 pm

GFH C.R. Wood Community Learning Center Side A

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 pp or \$35 per couple

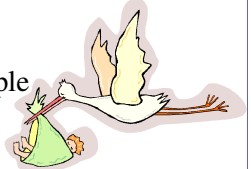
Caring for Your Infant: \$10 per person

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

Quit for Life Support Group: FREE

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

126 South Street, Glens Falls

For more information call:

The Community Health Office at 926-5905

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



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 at a location near you, please call our

Community Health Screening Van at 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

