

# Glens Falls Hospital Community Health Calendar

## September - October 2010

### TOBACCO CESSATION



### CANCER SERVICES

#### Women's Screening Event: FREE

*Breast, Cervical & Colorectal tests all in one stop!*

Tuesday, September 21, 2010 from 3:00-8:00 pm

Wednesday, October 6, 2010 from 3:00-8:00 pm

Wednesday, October 20, 2010 from 3:00-8:00 pm

No health insurance? No regular doctor? **No Problem!**

**To make an appointment or for more information call:  
The Cancer Services Program at 926-6570**

### LIVING WITH DIABETES

#### Diabetes Support Group: FREE

Tuesday, September 7, 2010 at 6:00 pm  
GFH Auditorium A

Tuesday, September 21, 2010 at 6:00 pm  
Holbrook Adult Home, Granville, NY

#### Diabetes Self-Management Classes:

Wednesday, September 1, 2010 from 8:30-4:00 pm  
GFH Diabetes Center, 3rd Floor Pruyne Pavilion

Thursday, October 14, 2010 from 9:30-5:00 pm  
GFH Diabetes Center, 3rd Floor Pruyne Pavilion

**A physicians referral and registration is required.**

**To register for class or for more information call:  
The Regional Diabetes Center at 1-800-965-5705**

### CHILDBIRTH EDUCATION

**Prenatal Yoga:** \$50 per couple

**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**

### HEALTHY LIVING

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

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

Next Session: September 28<sup>th</sup> - November 18<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 Auditorium

#### Senior Exercise: \$42

An 8-week exercise program

Tuesdays & Thursdays at 9:00 am or 10:00 am

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

**For a complete list of programs  
and services please visit:  
[www.glensfallshospital.org](http://www.glensfallshospital.org)**

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