

HEALTHLINK LITTAUER

Wellness Education & Resources for over **25** Years

JULY 2017 CALENDAR

ALL PROGRAMS ARE OPEN
TO THE GENERAL PUBLIC

*Unless noted otherwise,
enrollment is required by
calling HealthLink Littauer
at 518-736-1120 or
email healthlink@nlh.org
to attend programs or
for more information.*

Topic	Date ~ Time	Place	Details
Chair Yoga	7/7 – 7/28 11 a.m. – 12 noon	HealthLink Littauer Johnstown	4 sessions (Fridays). Experience gentle, peaceful yoga with the support of a chair. For everyone...no matter what age you are, or what condition you are in, you can experience the health benefits from this easy form of yoga. Jeannie Moller RYT, Instructor. \$7 fee/week. You can attend 1 session or all 4
Gentle Yoga	7/10 – 7/31 5 – 6 p.m.	HealthLink Littauer Johnstown	4 sessions (Mondays). For anyone interested in relaxing, gentle yoga sessions. Benefits of the regular practice of yoga include improved strength and flexibility, and a positive effect on internal organs and systems. Jeannie Moller RYT, Instructor. \$7 fee/week. You can attend 1 session or all 4
NEW... Pilates Fitness	7/11 – 8/29 7/13 – 8/31 3:45 – 4:45 p.m.	Littauer's Reflection Garden Gloversville	8 sessions each (Tues/Thurs). Exercise class designed to build core strength, improve flexibility and promote lean muscle mass. Includes an emphasis on lengthening the body and aligning the spine, ending with meditation to relax the mind and body. For beginners to intermediate fitness levels. Toni Simon, Master Instructor. \$7 fee/class. You can attend 1 session or all 16
 Health Screenings	7/12 9 a.m. – 1 p.m.	Fulton County YMCA Johnstown	1 session (Wednesday). Are YOU at risk for heart disease, diabetes or a stroke? Screenings include a cholesterol+HDL+glucose blood test for \$18; diabetes risk assessment, blood pressure reading and body fat analysis/body mass index measurement at no charge. No appointments necessary
Better Breathers Club	7/13 1 – 2:30 p.m.	HealthLink Littauer Johnstown	1 session (Thursday). Monthly support group meeting... For anyone with a chronic breathing condition or lung disease and their family members. "Genetics & COPD" presented by Scott Thornton of ProLactin Direct. Learn about the Alpha-1 Proteinase Inhibitor blood test. FREE! No enrollment necessary
Second Annual Rail Trail Summer Clean Up!	7/19 10 a.m. – 1 p.m.	FJ&G Rail Trail	1 session (Wednesday). Here's a healthy way to get moving AND help our environment! Join our team or form your own as we clean up along the trail section between Gloversville and Johnstown. We'll supply the gloves and bags! Tammy Merendo RN, Littauer's Director of Community Education. FREE!
Infant Care & Parenting	7/19 6:30 – 8 p.m.	HealthLink Littauer Johnstown	1 session (Wednesday). Babies aren't delivered with instruction manuals! Come learn parenting basics including how to calm a fussy infant, sleep patterns, feeding, sick child care, keeping them safe, and much more. Karen Sagan RN BS, Littauer's Community Health Educator. FREE!
NEW... Chronic Disease Self Management	7/20 – 8/24 11 a.m. – 1:30 p.m.	Nathan Littauer Hospital Gloversville	6 sessions (Thursdays). If you have an ongoing health condition such as diabetes, heart disease, COPD, chronic pain, obesity, depression, anxiety – or you are caring for someone with an ongoing health condition – this workshop is for you! Lunch included and gift card incentives available. HealthLink Littauer's Tammy Merendo RN & Barbara Neznec, Peer Educator. FREE!
Managing Stress: Nutrition & Fitness	7/20 1 – 2 or 6 – 7 p.m.	HealthLink Littauer Johnstown	1 session each (Thursday). Learn about the relationship between nutrition, fitness and stress, and how you can help manage your stress by introducing a few simple (though perhaps not so easy) lifestyle changes. Karen Sagan RN BS, Littauer's Community Health Educator. FREE!

...Continued →

NEW... Occupational Therapy	7/25 1 – 2 or 5:30 – 6:30 p.m.	HealthLink Littauer Johnstown	1 session each (Tuesday). Learn about the different occupational therapy treatments available that are designed specifically for those suffering from vision problems caused by strokes or other traumatic brain injuries. Shelly Coffin O.T., of Littauer's Rehabilitative Medicine Services. FREE!
Women With Heart Disease	7/25 3:30 – 4:30 p.m.	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly support group meeting... For women with heart disease and their family members. Topic: "Pity Party!" Open discussion, ideas and suggestions on how to stop feeling sorry for yourself. FREE! No enrollment needed
Relax With Cards	7/26 11 – 12:30 or 6:30 – 8 p.m.	HealthLink Littauer Johnstown	1 session each (Wednesday). Remember when you were young sewing cards with yarn? Now we have adult sewing! Butterflies are in the air... Come create your own unique piece that is suitable for hanging, gift giving or as a greeting card. Julianne Passero RN, experienced crafter. \$3 fee payable at the door
ViP Luncheon: Hot & Healthy	7/26 11:30 a.m. – 1 p.m.	Nathan Littauer Hospital Gloversville	1 session (Wednesday). Especially For Adults 50+... Enjoy a buffet-style lunch followed by guest speaker, Amanda Bolognino RD Intern, Oneonta College. Learn the signs and symptoms of dehydration and get tips on how to increase your fluid intake during summer. Luncheon: \$5 ViP members, \$6 public. RSVP by 7/24

JULY SUPPORT GROUPS

- ➔ **Breastfeeding 7/5** Nathan Littauer 12:30 p.m.
- ➔ **Beyond Moms 7/12** HealthLink 6:30 p.m.
- ➔ **Better Breathers 7/13** HealthLink 1 p.m.
- ➔ **Alzheimer's 7/13** HealthLink 4 p.m.
- ➔ **Breastfeeding 7/17** HealthLink 7 p.m.
- ➔ **Parkinson's 7/20** Mayfield Presbyterian 2 p.m.
- ➔ **Diabetes 7/24** Nathan Littauer 10 a.m.
- ➔ **Heart Disease 7/25** HealthLink 3:30 p.m.
- ➔ **TOPS Wednesdays** Nathan Littauer 5:30 p.m.

➔ **For more details, visit nlh.org or call 518-736-1120**

WOMEN'S CANCER SCREENING

July 17th ~ 8:30 – 10 a.m. ~ Nathan Littauer

Free cancer screenings for women age 40-64 who do not have health insurance

Mammograms ~ Breast/Pelvic Exams ~ Pap Tests
Call NYS Cancer Services Program 518-841-3726

Thinking About Quitting?

Call 1-866-697-8487 or visit nysmokefree.com
New York State Smokers' Quitline

HealthLink Littauer's Twenty-First Annual Women's Wellness Conference



**IMAGES OF
A WOMAN**

WEDNESDAY, AUGUST 9, 2017

Holiday Inn ~ Johnstown ❖ Two Sessions: 12 – 2:30 or 6 – 8:30 p.m.

FOR ALL WOMEN

Treat Yourself, Employee, Coworker, Friend, Relative, Loved One...To This Special Event

VENDORS ~ MASSAGES ~ REFLEXOLOGY ~ PHOTO BOOTH ~ RAFFLES ~ FUN!

Enjoy A Delicious Buffet-Style Meal Followed By A Keynote Presentation By

Dr. Arsyl De Jesus

*Radiation Oncologist
New York Oncology Hematology
On*

"Attitude Of Gratitude"

ONLY *\$35!

Payable by August 2nd

*Paid Registrations Received By
July 19th Will Qualify For An
'Early Bird' Prize Drawing!*

Register In Person At Our Office: Monday – Friday, 9 a.m. – 5 p.m.

Or By Mail: HealthLink Littauer, 2 Colonial Court, Johnstown, NY 12095

***Discount For Littauer Employees/Auxiliary/Volunteers/ViP Members = \$30**