



Winter 2019 Program Guide

MaineGeneral Health
Prevention &
Healthy Living



Welcome.

Warm up to winter by participating in any of our healthy mind-body, physical movement, or healthy cooking and eating classes. This is our Winter 2019 Program Guide for the months of January, February and March, filled with health education classes and events that are sure to please!

We look forward to seeing you in one of our Winter Classes!

In health & gratitude,

The Prevention & Healthy Living Team

LeeAnna Lavoie, Director, Prevention Services

Alicia Rice, Grant Program Manager

Tori Condon, Health Educator

Benjamin Ramsdell, Culinary Coordinator

Rachel Hunter, Administrative Assistant

Registering online is easy!

Visit www.maingeneral.org and click in the purple box on Search All Classes & Events. Once there, you can search for a class name or choose a category of classes to explore.

See further registration details on page 4.

Questions or concerns?
Call **872-4102** or email
PHL@mainegeneral.org.



From left to right: Benjamin Ramsdell, Alicia Rice, Rachel Hunter, Tori Condon and LeeAnna Lavoie.

FREE Quarterly Event

For more information visit:

www.maingeneral.org "Classes & Events."

Winter Fun Day

Enjoy a day of snowshoeing, cross-country skiing and other winter activities at the Quarry Road Trails in Waterville.

Bring your family and friends to join the Prevention & Healthy Living Team to go snowshoeing followed by snacks and the opportunity to learn everything Friends of Quarry Road has to offer.

Location: Quarry Road Trails, Waterville

Date: Saturday, Feb. 16
10 a.m. - noon

Pre-registration is required for the above events.

Registration Information

Here's how to register for a class:

1. Go to our website at www.mainegeneral.org and click on "Search all Classes & Events."
2. Choose the class you want.
3. Complete all registration information.
4. You can pay by check, credit or debit card.
5. You're done. We will confirm your registration by email.

If you need help registering, are seeking financial assistance, or would like to request a special accommodation, please call **872-4102**.

Prevention & Healthy Living (PHL) will make reasonable modifications and accommodations to ensure people with disabilities have equal opportunity to participate in all classes and events.

If you are a person with a disability who requires an accommodation to participate fully in a PHL class or event, please notify us at least 48 hours before the start of the class or event.

Prevention & Healthy Living Policies

Senior, Veteran, MaineGeneral and Second Household Member Discounts

We offer a 20 percent discount per class to:

- Seniors: (age 65 and older)
- Veterans (those who served in the armed forces of the United States)
- Current MaineGeneral employees
- Second member of a household who registers for the same class

Payment Assistance

Help paying for class is available on an as-needed basis:

- 50 percent off the cost of class (limited to **two** classes per quarter)
- 100 percent off the cost of class (limited to **one** class per quarter)

Delays and Cancellations

We reserve the right to cancel a class due to low enrollment or unexpected events. If that occurs, you will be notified and your class fees will be refunded.

Weather Cancellations

If we need to cancel a class session because of weather, we will put a message on our voicemail at **861-5257** at least two hours before the class start time. We also list weather cancellations on our Facebook page.

Refunds

Class fees will be returned if a class is canceled. No refunds will be given within 24 hours of a class start time or after a class has started.

Winter 2019 Classes

Healthy Mind & Body

- Chronic Pain Education
- NEW** Eat Healthy & Manage Cravings
- Essential Oils: Natural Remedies
- Glass Jewelry Making
- Group Health Coaching
- Healing Meditation with Crystal Bowls
- NEW** Heart Healing Meditation
- NEW** Intention Flags Workshop
- Peggy Huddleston's Prepare for Surgery, Heal Faster™
- Stop Smoking with Hypnosis
- NEW** Vision Board Workshop

Physical Movement

- Chair Yoga
- Drums Alive®
- Foundations of Yoga
- Gentle Yoga
- Gentle Yoga Level 2
- Nia
- Personal Safety
- PiYo® Live!
- Qigong Stretching: Yi Jin Ching
- NEW** Soup & Snowshoeing
- Tai Chi for Health
- Yin Yoga
- Zumba®

Healthy Cooking & Eating

- 5 Ingredients or Less
- Buddha Bowls
- Cooking for Diabetes
- Cooking the Mediterranean Way
- Fight Inflammation with Food
- NEW** Food Prep Demonstration
- NEW** Italian Classics
- Secrets to Cooking Fish
- NEW** Sheet Pan Dinners



Healthy Mind & Body

Chronic Pain Education

It can be hard to focus on anything else when you are in pain. In this class, you will learn what you can do to better manage your pain and improve the quality of your daily life. A variety of treatment options will be discussed.

Cost: **FREE**

Instructor: **Cassandra Rodrigues, DO**

Location: Alfond Center for Health, Augusta
Classroom 1

Date: Wednesday, Jan. 30
5:30 - 7 p.m.

Location: Thayer Center for Health, Waterville
Dean 3

Date: Wednesday, Feb. 20
5:30 - 7 p.m.

NEW Eat Healthy & Manage Cravings

How many of you feel as if you are “addicted” to sugar or have a really big sweet tooth? Do you experience regular cravings for certain foods? Join Health Coach Melissa Emmons as she dives into the effects of certain foods on our bodies, why we experience certain cravings, and how we can better manage our cravings.

Cost: **\$20/person**

Instructor: **Melissa Emmons**
MaineGeneral

Location: Thayer Center for Health, Waterville
Dean 3

Date: Wednesday, Feb. 27 & March 6
4:30 - 5:30 p.m.
(2 sessions)

Location: Alfond Center for Health, Augusta
Classroom 2

Date: Monday, March 4 & 11
5 - 6 p.m. (2 sessions)

Essential Oils: Natural Remedies

'Tis the season... cold season, that is! Join us to discuss practices that support the immune system, including the use of essential oils, and then make two natural products you can take home and use. This class is appropriate for anyone new to essential oils, or looking to expand their knowledge.

Cost: **\$25/person**

Instructor: **Starla Perico**

Location: Zardus Art of
Massage & Wellness
Spa, Gardiner

Date: Tuesday, Feb. 12
5 - 7 p.m.

Glass Jewelry Making

What makes you sparkle? What are you passionate about? What are you grateful for? Explore the potential within your heart and mind in this hands-on expressive arts class! Choose from a wide range of fusing glass and embellishments as you design a glass necklace and pair of earrings which reflect your inner "jewels." Select pieces of glass with colors, shapes and textures which uniquely represent you or a loved one as you are introduced to the art of fusing glass.

Cost: **\$32/person**

Instructor: **Maryam Mermey, PhD**

Location: Alfond Center for Health,
Augusta
Classroom 1

Date: Saturday, March 23 & 30
1 - 3 p.m. (2 sessions)

Healthy Mind & Body

Group Health Coaching

Work with a health coach to explore different aspects of your health and feel empowered on your journey.

Goal setting, healthy resources and problem solving in a group setting will help you to connect and manage your health in new ways.

Cost: **\$24/person**

Instructor: **Tori Condon**

Location: Alfond Center for Health, Augusta Classroom 3

Date: Thursday,
Feb. 21 - March 14
4:30 - 5:30 p.m.
(4 sessions)

Healing Meditation with Crystal Bowls

Relax while listening to the soothing sounds of the crystal singing bowls and being gently guided through a meditation focusing on your energy systems. You will also experience toning, a wonderful take-home tool that can help you maintain a clear energetic body. You will leave feeling balanced, aligned and renewed!

Cost: **\$20/person**

Instructor: **Brenda Colfer**

Location: Alfond Center for Health, Augusta Conference Room 2

Date: Thursday, Feb. 21
6 - 8 p.m.

NEW Heart Healing Meditation

The focus of this meditation is on the heart itself. We will work intentionally on our healing journey by relaxing and restoring our hearts and minds.

Cost: **\$12/person**

Instructor: **Melissa Caron**

Location: Alfond Center for Health, Augusta Classroom 1

Date: Thursday, Feb. 7
6 - 7 p.m.

NEW Intention Flags Workshop

Intention Flags have been used throughout history in many cultures and traditions as a symbolic means to promote peace, compassion, strength and wisdom. These flags are traditionally hung outdoors where the wind passes through them and carries the messages to all people. Create your own set of intention flags in honor of the many miracles in your life, the things you are thankful for and what connects you to the world around you.

Cost: **\$24/person**

Instructor: **Bodhi Simpson**

Location: Alfond Center for Health, Augusta Conference Room 2

Date: Thursday, Feb. 28 & March 7
5 - 6:30 p.m.
(2 sessions)

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Discover five simple actions you can take before surgery to reduce anxiety, decrease pain and shorten recovery time. Leyza will guide you in mind-body techniques shown to enhance the healing process. You will need to get the book's relaxation CD or MP3 before your surgery. Three book/CD sets are available at the Alfond Center Library or you can buy the CD at a discount in class. You may also purchase the MP3 at www.HealFaster.com.

Cost: **\$15/person**

Instructor: **Leyza Toste, BCC**

Location: Alfond Center for Health, Augusta, Conference Room 2

Date: Wednesday, Jan. 9
5:30 – 7 p.m.

Location: Thayer Center for Health, Waterville, Dean 3

Date: Wednesday, Jan. 30
5:30 - 7 p.m.

Location: Alfond Center for Health, Augusta, Conference Room 3

Date: Thursday, Feb. 14
9:30 - 11 a.m.

Location: Alfond Center for Health, Augusta, Conference Room 2

Date: Wednesday, March 27
5:30 - 7 p.m.

Healthy Mind & Body

Stop Smoking with Hypnosis

Have you tried to quit smoking but just can't break the habit? Hypnosis can help you regain your control and help you stop smoking. In this group hypnosis setting, you will identify and overcome physical and ritualistic triggers to smoking, take charge of sabotaging behaviors, and become confident and secure in your new life as a non-smoker.

Cost: **\$53/person**

Instructor: **Heather Desjardins**

Location: Thayer Center for Health, Waterville
Dean 3

Date: Wednesday, Jan. 9 - 23
5:30 - 7 p.m. (3 sessions)

Location: Alfond Center for Health, Augusta
Conference Room 3

Date: Thursday, March 21 - April 4
5:30 - 7 p.m. (3 sessions)

NEW Vision Board Workshop

Vision boards are a powerful, creative tool for self-care, goal setting and inspiration. The start of the year is a powerful time for reflecting and reconnecting with what you would like to create in your life. Your vision board will become a powerful visual reminder of the goals you are working to achieve.

Cost: **\$24/person**

Instructor: **Bodhi Simpson**

Location: Alfond Center for Health, Augusta
Conference Room 3

Date: Thursday, Jan. 17 & 24
5 - 6:30 p.m. (2 sessions)

Physical Movement



Physical Movement

Chair Yoga

Experience the benefits of yoga even if getting down on the floor is difficult, or if you are unsteady on your feet. Combining movement with breath work can improve stress and increase strength and flexibility. Learn poses you can even do right in your office chair to relax and recharge!

Cost: **4 sessions for \$27/person**

Instructor: **Ann Parker**

Location: Arch Beta Resident Center, Augusta

Date: Wednesday, Jan. 9 - 30
10 - 11 a.m.

Location: Thayer Center for Health, Waterville
Dean 3

Date: Thursday, Jan. 10 - 31
5 - 6 p.m.

Drums Alive®

This class is designed to get your heart rate up and improve physical and mental fitness while having fun. Work your entire body (including your brain) and reduce stress by drumming on exercise balls. Golden Beats can be done sitting or standing, and is appropriate for all levels.

Cost: **5 sessions for \$33/person**

Instructor: **Carol Richards**

Location: Arch Beta Resident Center, Augusta

Golden Beats **(Sit or stand for older adults)**

Date: Tuesday, Jan. 8 - Feb. 5
10 - 11 a.m.

Power Beats **(Adult multi-level workout)**

Date: Tuesday, Jan. 8 - Feb. 5
5 - 6 p.m.

Foundations of Yoga

If you have never tried yoga, or thought it wasn't for you, this class will be an introduction to the principles of yoga including breathing techniques, meditation and gentle movements that are the backbone of traditional yoga poses. This is an easy way to explore the practice of yoga and learn that yoga is for EVERYbody!

Cost: **4 sessions for \$27/person**

Instructor: **Julia Redman**

Location: Alfond Center for Health, Augusta Conference Rooms 2 & 3

Date: Wednesday, Jan. 16 - Feb. 6
5:30 - 6:30 p.m.

Physical Movement

Gentle Yoga

Stretch and strengthen your muscles, gain flexibility, improve balance, reduce stress and relax with this gentle yoga class appropriate for beginners or those with experience.

Cost: **9 sessions for \$60/person**

Instructor: **Julia Redman**

Location: Alfond Center for Health, Augusta Conference Room 3

Date: Monday, Jan. 7 - March 11 (no session Feb. 11)
10 - 11:15 a.m.

Cost: **7 sessions for \$44/person**

Instructor: **Beth Jones**

Location: Alfond Center for Health, Augusta Conference Room 2

Date: Sunday, Jan. 6 - Feb. 17
3:30 - 4:45 p.m.

Cost: **6 sessions for \$40/person**

Location: Thayer Center for Health, Waterville Dean 3

Date: Tuesday, Jan. 15 - Feb. 19
4 - 5:15 p.m.

Gentle Yoga Level 2

This class is for those who have been taking and enjoying Gentle Yoga, but are looking to move to the next level or those with prior yoga experience.

Cost: **6 sessions for \$40/person**

Instructor: **Beth Jones**

Location: Thayer Center for Health, Waterville Dean 3

Date: Tuesday, Jan. 15 - Feb. 19
5:45 - 7 p.m.

Cost: **8 sessions for \$53/person**

Instructor: **Julia Redman**

Location: Alfond Center for Health, Augusta Conference Rooms 2 & 3

Date: Tuesday, Jan. 29 - March 19
5:30 - 6:45 p.m.

Cost: **7 sessions for \$45/person**

Instructor: **Naomi Knights**

Location: Alfond Center for Health, Augusta Conference Rooms 1 & 2

Date: Saturday, Jan. 12 - Feb. 23
9 - 10:15 a.m.

Physical Movement

Nia

Nia is an exhilarating barefoot workout that is a fusion of martial arts, dance and healing arts. The class is appropriate for all shapes, sizes and fitness levels. Set to soul-stirring music from more than 45 countries, Nia will give you a gentle cardiovascular workout that increases your strength, flexibility, mobility and agility while connecting your mind, body and soul.

Cost: **7 sessions for \$45/person**

Instructor: **Erin Curren**

Location: Alfond Center for Health, Augusta Conference Rooms 2 & 3

Date: Wednesday, Jan. 16 - Feb. 27 4 - 5 p.m.

Personal Safety

Basic self-defense skills can help you stay safe in a variety of situations. This personal safety course will give you the tools necessary to recognize and prevent possible dangerous situations and encounters. Learn how to project an outward appearance and confidence level as deterrence and how to use your own body as a weapon, if necessary.

Cost: **4 sessions for \$27/person**

Instructors: **Kevin & Hollie Webb**

Location: Alfond Center for Health, Augusta Classroom 2

Date: Thursday, Feb. 21 - March 14 6 - 7 p.m.

PiYo® Live!

PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. And, because we move more quickly, you get a calorie-burning, low-impact workout that will get your heart rate up!

Cost: **6 sessions for \$40/person**

Instructor: **Melissa Emmons**
MaineGeneral

Location: Alfond Center for Health, Augusta Classroom 2

Date: Monday, Jan. 7 - Feb. 11 5:30 - 6:30 p.m.

Physical Movement

NEW Soup & Snowshoeing

Take this opportunity to hike Quarry Road Trails and enjoy the night sky. We will lead tours through rolling terrain for beginners and experts. Please dress in warm layers; wear sturdy snow boots; and bring a flashlight or headlamp. A limited number of snowshoes are available to borrow, free of charge, at the Welcome Center Yurt. Enjoy a nice warm cup of soup after the hike.

Cost: **FREE**

Instructor: **Alicia Rice**

MaineGeneral

Location: Quarry Road Trails,
Waterville

Date: Thursday, Jan. 24
5:30 - 7 p.m.

Date: Thursday, Feb. 7*
5:30 - 7 p.m.

Date: Thursday, Feb. 21
5:30 - 7 p.m.

*Feb. 7 class will feature John Meader, Northern Stars Planetarium guide

Qigong Stretching: Yi Jin Ching

Yi Jin Ching is a 1,500-year-old Qigong practice that includes a series of postures to provide fitness and wellness conditioning for the body. These postures build flexibility and strength through progressive stretching and releasing, while stimulating energy flow. Anyone can do this gentle class. It is typically done standing but may also be performed in a chair.

Cost: **4 sessions for
\$27/person**

Instructor: **Carol Richards**

Location: Alfond Center for
Health, Augusta
Classroom 2

Date: Thursday, Jan. 10 - 31
5 - 6 p.m.

Tai Chi for Health

This easy-to-learn form of tai chi focuses on healing, relaxation and improving mobility and balance. Medical studies have shown that practicing this program helps improve the control of diabetes; improves flexibility, muscle strength, heart and lung function, posture and balance; and increases one's ability to relax.

Cost: **8 sessions for
\$53/person**

Instructor: **Jeanette Glidden**

Location: Thayer Center for
Health, Waterville
Dean 3

Date: Thursday,
Jan. 10 - Feb. 28
9 - 10 a.m.

Location: Alfond Center for
Health, Augusta
Conference Room 2

Date: Tuesday,
Jan. 15 - March 5
10 - 11 a.m.

Physical Movement

Yin Yoga

Yin yoga is a slow-paced, meditative style of yoga where poses are held for longer periods of time, while relaxing muscles and focusing on breathing. Great for all body types (beginners, seniors, athletes), especially those with joint issues. Benefits of this “quiet yoga” include decreased tightness and improved joint mobility and range of motion.

Cost: **6 sessions for
\$40/person**

Instructor: **Kim Nixon**

Location: Alfond Center for
Health, Augusta
Classroom 1

Date: Saturday,
Feb. 9 - March 23
(no session Feb. 23)
9 - 10:15 a.m.

Zumba®

Do you like to work out to music with a beat...maybe a little Salsa, Hip Hop or Reggae? If so, then join this fun and easy Zumba® class that will raise your heart rate and your spirits! Great for beginners.

Cost: **8 sessions for
\$53/person**

Instructor: **Jenny Kingsbury**

Location: Arch Beta Resident
Center, Augusta

Date: Monday,
Jan. 7 - March 11
(no session Jan. 21
and Feb. 18)
5:15 - 6:15 p.m.

Healthy Cooking & Eating

5 Ingredients or Less

Simple, straightforward and delicious – tasty food that is good for you doesn't have to overwhelm your grocery list. In this hands-on cooking class, learn to make recipes that won't break the bank or require hours to make. Join us to have fun and try great food!

Cost: **\$10/person**

Instructors: **Vishnu Nancoo, NP, APRN & Rachael Hall, RD**
MaineGeneral

Location: Alfond Center for Health, Augusta
Teaching Kitchen & Conference
Room 1

Date: Tuesday, Feb. 12
5:30 - 7:30 p.m.

Instructor: **Maurice Coleman**

Location: Kennebec Valley Community
College, Hinckley Campus,
Demo Kitchen

Date: Monday, March 4
5:30 - 7:30 p.m.



Healthy Cooking & Eating

Buddha Bowls

Similar to a rice bowl, Buddha bowls typically contain a grain base, raw or cooked veggies, a protein of your choice and a healthy fat like avocado, hummus or a tasty homemade dressing. They're also called macro bowls because they hit all your macronutrients: carbs, protein and fat. Join us for a hands-on cooking class to experiment with a variety of combinations!

Cost: **\$16/person**

Instructors: **Patty Morini & Jane Moore, RD**
MaineGeneral

Location: Alfond Center for Health, Augusta Teaching Kitchen

Date: Wednesday, Feb. 27
5:30 - 7:30 p.m.

Cooking for Diabetes

You can still enjoy tasty, healthy meals if you have diabetes. All you need to do is make a few changes in the foods you choose and how you prepare them. This class will cover all of your questions about cooking for diabetes and teach you how to make a few delicious diabetes-friendly dishes the entire family will enjoy.

Cost: **\$21/person**

Instructor: **Elizabeth Gallagher, RD**
MaineGeneral

Location: Alfond Center for Health, Augusta Teaching Kitchen & Conference Room 1

Dates: Tuesday, Feb. 26 & March 5
5:30 - 7:30 p.m.
(2 sessions)

Cooking the Mediterranean Way

You don't need to travel across the globe to experience the health benefits of a Mediterranean Diet. A quick trip to your local grocery store and you can be on your way to discovering delicious flavors and fresh foods that promote health and prevent disease.

Cost: **\$20/person**

Instructor: **Maurice Coleman**

Location: Alfond Center for Health, Augusta Teaching Kitchen

Dates: Wednesday, Feb. 13 & 20
5:30 - 7:30 p.m.

Healthy Cooking & Eating

Fight Inflammation with Food

What we eat may lessen the inflammation tied to diseases like arthritis, cancer, diabetes, heart disease, asthma and allergies. In this class learn what foods reduce inflammation and get a chance to prepare and taste them.

Cost: **\$22/person**

Instructor: **Eileen Fingerman, MD**

Location: Alfond Center for Health, Augusta Teaching Kitchen & Conference Room 1

Date: Tuesday,
March 19 & 26
5:30 - 7:30 p.m.
(2 sessions)

NEW Food Prep Demonstration

Do you find yourself frantically trying to come up with dinner at 5 p.m.?

Last-minute grocery store trips on your way home from work? Save time and money! Learn how to shop smarter and spend an hour or two on Sunday preparing yourself and your family for culinary success.

Cost: **\$20/person**

Instructor: **Benjamin Ramsdell**
MaineGeneral

Location: Alfond Center for Health, Augusta Teaching Kitchen & Conference Room 1

Date: Tuesday, Jan. 29
5:30 - 7:30 p.m.

Location: Kennebec Valley Community College, Hinckley Campus, Demo Kitchen

Date: Monday, Feb. 4
5:30 - 7:30 p.m.



Healthy Cooking & Eating

NEW Italian Classics

Learn how to make some of your favorite Italian dishes, including Chicken Piccata and Winter Minestrone. We have lightened them up, packed them with flavor and made them simple for you to make and enjoy at home.

Cost: **\$20/person**

Instructor: **Sayzie Koldyz**

Location: Alfond Center for Health, Augusta Teaching Kitchen

Date: Friday, Jan. 11
5:30 - 7:30 p.m.

OR

Monday, Feb. 18
5:30 - 7:30 p.m.

Secrets to Cooking Fish

Eating more fish can be a delicious way to add more lean protein to your diet, as well as heart-healthy omega-3 fatty acids. This class will expose you to a variety of cooking techniques for several different types of fish. This is not a hands-on class, but don't worry, you will still get to ask questions and taste the dishes!

Cost: **\$20/person**

Instructors: **Benjamin Ramsdell & Jenna McCarthy, RD**
MaineGeneral

Location: Alfond Center for Health, Augusta Teaching Kitchen & Conference Room 1

Date: Tuesday, Jan. 15
5:30 - 7:30 p.m.

NEW Sheet Pan Dinners

Four pans on the stove and three in the oven? What if you could cook an entire meal and only have one or two sheet pans to clean up? Learn how to put together simple, delicious meals that you and your family will love!

Cost: **\$20/person**

Instructor: **Benjamin Ramsdell**
MaineGeneral

Location: Alfond Center for Health, Augusta Teaching Kitchen & Conference Room 1

Date: Tuesday, Jan. 22
5:30 - 7:30 p.m.

Other Programs & Resources

Cooking Matters for Parents

Feeding your family healthy meals when money is tight is a challenge, but we have tips and resources that can help!

Cooking Matters for Parents is a six-week, hands-on cooking class that is FREE and full of great information. Class members leave each week with a bag of groceries to make the recipes they learned in class at home.

Instructor: Debbie Barnett

*University of Maine
Cooperative Extension*

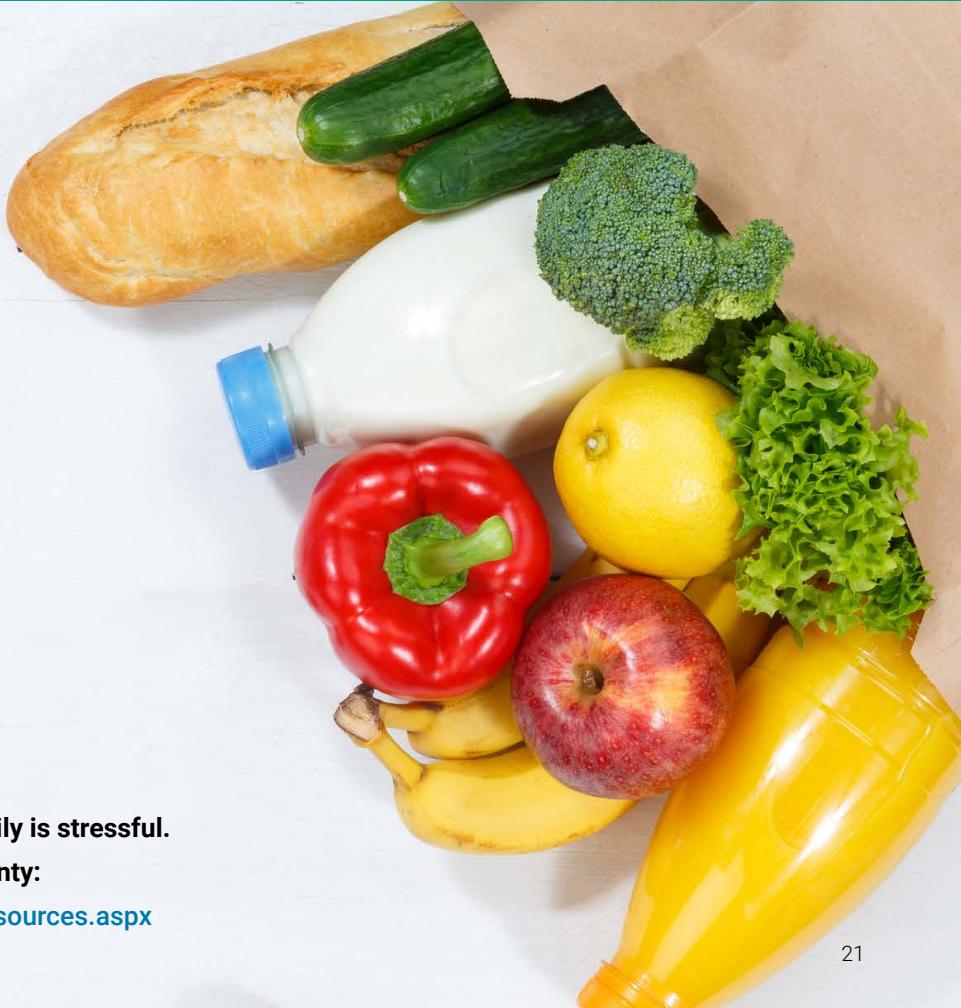
Location: Alfond Center for Health,
Augusta
Teaching Kitchen &
Conference Room 1

Dates: Mondays & Wednesdays,
Jan. 14, 16, 21, 23, 28 and 30
5:30 - 7:30 p.m.

Not having enough food for yourself and your family is stressful.

There are resources to help in your county:

www.maine generalize.org/Pages/Food-Security-Resources.aspx



Other Programs & Resources

Living Well for Better Health

It can be challenging to know where to start when it comes to becoming a healthier you! Living Well for Better Health can help you take charge of your chronic conditions by guiding you through topics like physical movement, healthy eating, communication skills, working with your health care provider and more.

Cost: **FREE**

Instructors: **Larissa Hannan & Brandon Tardiff**

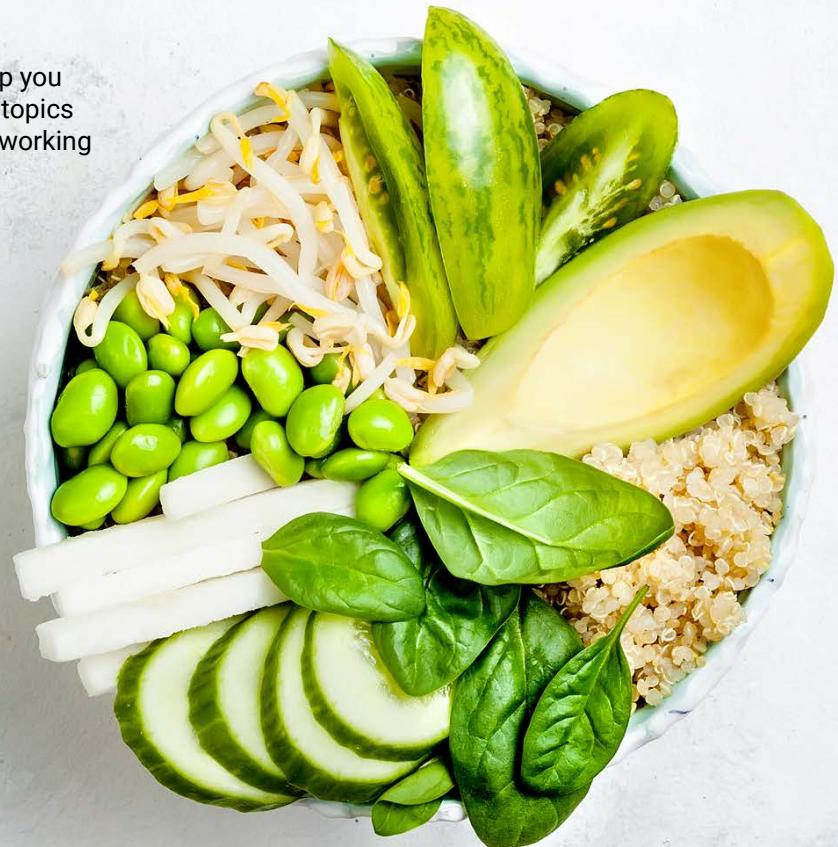
Location: Kennebec Valley YMCA

Dates: Monday, Feb. 25 - April 1
9:30 a.m. – noon

Instructors: **Tori Condon & Liza Russell**

Location: Thayer Center for Health, Waterville, Dean 1

Dates: Friday, March 1 - April 5
9 - 11:30 a.m.



Other Programs & Resources

Living Well with Diabetes

Feel better, be in control and connect with others as you learn ways to manage your diabetes. We help one another reach small goals each week by sharing ideas and exploring solutions to eat healthier, move more and monitor/manage blood sugar levels.

Cost: **FREE**

Instructors: **Alicia Rice & Melissa Emmons**

Location: Hope Baptist Church, Manchester

Date: Tuesday, Jan. 22 - Feb. 26
9 - 11:30 a.m.

Instructors: **Vicki Foster & Dana Winslow**

Location: Thayer Center for Health, Waterville
Dean 1

Date: Monday, March 11 - April 15
2 - 4:30 p.m.



Other Programs & Resources

Living Well with Chronic Pain

When you are in pain, it can be hard to focus on anything else. It's time to stop letting pain pause the rest of your life! This class will explore how eating healthy, gentle movement exercises and learning how to balance activity and rest can help improve your quality of life. Class is open to adults who have chronic pain as well as caregivers.

Cost: **FREE**

Instructors: **Larissa Hannan & Tori Condon**

Location: Alfond Center for Health, Augusta
Conference Room 2

Dates: Tuesday, Jan. 15 - Feb. 19
1 - 3:30 p.m.

Instructors: **Liza Russell & Melissa Emmons**

Location: Pleasant Street United Methodist Church, Waterville

Dates: Thursday, Feb. 14 - March 21
Noon - 2:30 p.m.



Other Programs & Resources

National Diabetes Prevention Program (NDPP)

Change doesn't happen overnight — it takes time! NDPP will not only provide you with a whole YEAR of support from a trained lifestyle coach, but also peer support within a group setting. Don't miss your chance to find encouragement, advice and support from individuals who are trying to live a healthier lifestyle, just like you. This class meets weekly for 16 weeks, then twice a month for eight months, for a total of one year.

Cost: **FREE**

Instructor: **Tori Condon**

Location: Alfond Youth Center, Waterville

Date: Starts Wednesday, Jan. 9
5 - 6 p.m.

Instructor: **Feargal Semple**

Location: Kennebec Valley YMCA, Augusta

Date: Starts Thursday, Jan. 10
5:30 - 6:30 p.m.

Instructor: **Jennifer Fortin**

Location: Cohen Community Center, Hallowell

Date: Starts Wednesday, Jan. 23
4:30 - 5:30 p.m.



Other Programs & Resources

Diabetes Prevention Program Lifestyle Coach Training

More Lifestyle Coaches are needed! Lifestyle Coaches are trained to deliver the yearlong National Diabetes Prevention Program (NDPP). We have launched more than 125 programs but need YOUR help to continue to expand this program.

You do not need to be a medical professional to become a Lifestyle Coach. Some basic knowledge of health, nutrition and/or fitness principles preferred.

Once trained, we are looking for each lifestyle coach to lead a NDPP program within one year of the training in Kennebec or Somerset county.

Instructors: Alicia Rice & Larissa Hannan

Location: Alfond Center for Health, Augusta Classroom 1

Dates: Thursday, Jan. 31 & Friday, Feb. 1
8 a.m. - 4:30 p.m.

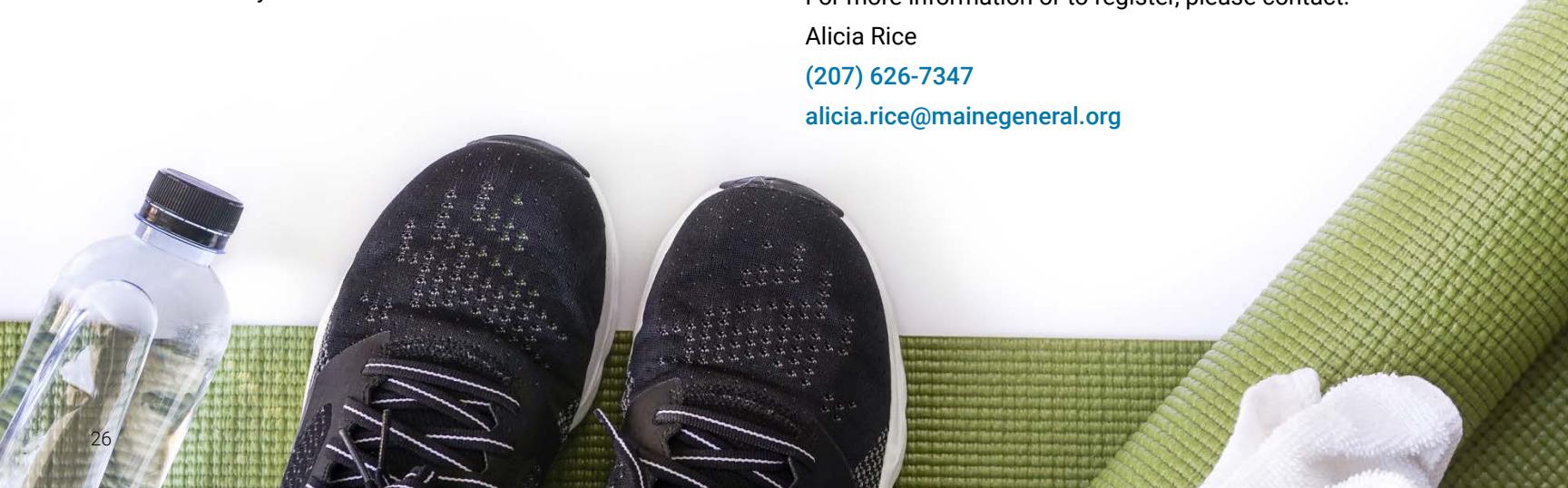
Registration is required.

For more information or to register, please contact:

Alicia Rice

(207) 626-7347

alicia.rice@mainedgeneral.org



Support Groups From The Harold Alfond Center For Cancer Care

Nutrition for Cancer Survivors

Learn how to add nutrient-rich foods to your diet to strengthen your immune system and reduce the risk of cancer recurrence.

Instructor: **Donna Walsh, RD**
MaineGeneral

Location: Prescott Room, HACCC

Date: Wednesday, Jan. 23
5 - 6:30 p.m.

OR

Wednesday, March 20
5 - 6:30 p.m.

Pen in Hand Writing Circle

Writing is a valuable tool for tapping into our memories, feelings, thoughts and beliefs. Writing relieves stress, improves communication skills and provides clarity, perspective and potential solutions to life's ongoing challenges. The Pen in Hand Writing Circle provides an opportunity for you to write in a safe, comfortable atmosphere.

Contact Person: **Donna Walsh, RD**
MaineGeneral

Location: KCU Conference Room, HACCC

Date: Wednesdays
2:30 - 3:30 p.m.

Livestrong®

Livestrong® is a 12-week, small-group program for adult cancer survivors. The goal of this program is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability.

Instructor: **Feargal Semple**

Location: Kennebec Valley YMCA, Augusta

Date: Starts Tuesday, Jan. 29
9:30 a.m.

Class Sites

Arch Beta Apartments

Subsidized housing for the elderly and disabled located in a private setting on the scenic outskirts of Augusta. Comfortable, attractive 1 - 2 bedroom units. Rent includes heat, hot water, electricity and trash.



3 Gray Birch Drive, Augusta, ME 04330

For more information or an application, please call **622-4908**.

Kennebec Valley Community College



38 Degree & Certificate Programs

Accessible • Affordable

Financial Aid Options Available

It's time for YOU to pursue your dreams!
Now accepting applications

Visit us at www.kvcc.me.edu

Quarry Road Trails, Waterville



Quarry Road Trails is owned and operated by the City of Waterville's Department of Parks & Recreation. Our mission is to sustain a tradition of four-season outdoor recreation in central Maine, enabling people from all walks of life to affordably enjoy the benefits of physical activity on first-class trails in an easily-accessible area of natural beauty.

300 Quarry Road

Waterville, Maine

207-314-0258

trails@quarryroad.com

www.quarryroad.com

School Street Yoga



Strong Body – Vibrant Mind – Soft Heart

Several classes daily. All teachers are fully certified. All levels welcome.

5 School Street

Waterville, Maine

207-330-1450

Check schedule at:

www.schoolstreetyoga.com.

University of Maine Cooperative Extension



University of Maine Cooperative Extension can provide nutrition and healthy lifestyles education, such as:

- Healthy food selection and meal preparation/cooking
- Menu planning
- Budgeting
- Supermarket teaching tours
- Altering recipes for health and savings
- Kitchen skills
- Recipes and practical tips
- Cooking for crowds
- Food preservation
- Don't see your topic of interest here?
Contact us:

622-7546 or (800) 287-1481

(Kennebec County)

474-9622 or (800) 287-1495

(Somerset County)

Zardus Art of Massage and Wellness Spa



ZARDUS

ART OF MASSAGE & WELLNESS SPA

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