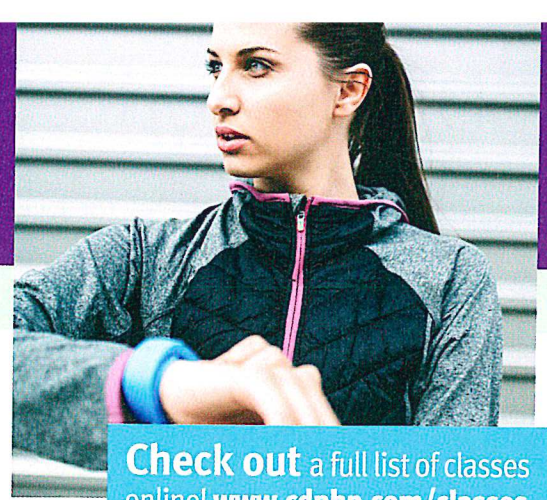


Free wellness classes

www.cdphp.com/classes

REGISTER TODAY!

To view a full list of classes or sign up for a class, visit www.cdphp.com/classes, click the **Enroll/Modify** button, and log in to your CDPHP member account. If you don't have an account, click **Register** and follow the prompts. If you have questions or would like a printed copy of the full wellness class listing, call (518) 641-4800 or 1-877-986-2373.



Check out a full list of classes online! www.cdphp.com/classes

Healthy Families

Bullying: What Parents Can Do with a CDPHP Behavioral Health Case Manager

Bullying has become a big problem in our schools and communities. Join us to learn how to tell if your child is a target or a bully, what to do if you suspect bullying is an issue, and how you can intervene effectively.

- ▶ GUILDERLAND HIGH SCHOOL (LGI—Large Group Instruction Room)
8 School Road
Guiderland Center
May 16, 6–7 p.m.

Senior Health

Downsizing for Seniors with Certified Instructor Helen Volk

This presentation enables participants to start the downsizing process; begin to prepare their home for sale; and learn to let go and move ahead to an active, uncluttered lifestyle.

- ▶ SOUTHERN SARATOGA YMCA
1 Wall St., Clifton Park
June 6, 10:30–11:30 a.m.

Health Education

Mindful Eating for Weight Management with a CDPHP Health Promotion Specialist

Learn why mindful eating is key to a healthy eating pattern, as

well as a three-step process for practicing mindful eating. Evaluate your own mindless eating triggers to develop effective strategies to overcome them.

- ▶ CRANDALL PUBLIC LIBRARY (Holden Room)
251 Glen St., Glens Falls
May 22, 5:30–6:30 p.m.

Wellness

Gentle Candlelight Yoga with a Certified Instructor

A gentle form of Hatha Yoga practiced in candlelight to help you bring balance to your busy life. This class is a soothing blend of slow-moving postures, gentle stretching, deepening

assists, breathing exercises, and supported restorative work.

- ▶ THE ALPIN HAUS—FITNESS CENTER
4852 State Highway 30
Amsterdam
July 24, 5:30–6:30 p.m.

Fitness

ESSENTRICS™ Barre with a Certified Instructor

A dynamic, full-body workout that combines standing, floor, and barre exercises in one class. Barre work helps to unlock and stretch the deep muscles of the spine, hips, hamstrings, and quads to relieve pain and permit full range of motion.

- ▶ ALBANY DANCE & FITNESS
1197 Central Ave., Albany
July 15, 11:30 a.m.–12:30 p.m.



NUTRITION

Mediterranean Cooking with Cornell Cooperative Extension

Learn to choose the best food ideas from the sunny Mediterranean to include in your summer meals—cook healthy with olive oil, tasty vegetables, and hearty whole grains. Includes food preparation and sampling.

- ▶ CORNELL COOPERATIVE EXTENSION
24 Martin Road,
Voorheesville
May 9, 6–7:30 p.m.