



Classes at Cayuga Center for Healthy Living—Winter/Spring 2012

Healthy Living 101 is an introduction to living a healthy life that covers lifestyle basics for the management and prevention of disease. The focus is on developing stress-coping skills, achieving a healthy diet, and incorporating a regular routine of physical activity. *Thursday 4:30-6 pm.*

Healthy Living, Healthy Weight is an interactive series that focuses on real-life skills for losing weight and keeping it off. *Alternating Tuesdays 4:30-6 pm.*

Medically-Supervised Exercise (MSE) is for those with difficulty being active due to chronic conditions, such as diabetes, back or joint pain, intermittent claudication, and atrial fibrillation. Classes use cardiovascular equipment, hand-held weights, functional activities, and stretching. *Meets throughout the week.*

Aquatic Exercise is a comfortable setting for improving strength, flexibility, balance, and cardiovascular function in the water, a medium which facilitates mobility. Medical clearance is required. *Tuesday & Thursday 5:30-6:30 pm.*

Diabetes Education is recognized by the American Diabetes Association and taught by Certified Diabetes Educators. Topics cover an overview of diabetes, complications, exercise, self-monitoring, medications, and nutrition. *Series of 3 sessions meets Wednesday 9-11 am or 1-3 pm.*

Healthy Living with Diabetes (HLDM) teaches lifestyle practices to manage diabetes, including weight, blood sugar control, long-term complications, medications, and exercise. A logbook is used to track progress. You will set health goals and evaluate progress throughout the course. *Tuesday 4:30-6 pm.*

Stress Management discusses the effects of stress on health and presents strategies for coping in a better way. The Stress Less Group sequel continues to meet monthly to review coping techniques with the support and encouragement of peers. *Call for dates and times.*

Tobacco Cessation consists of seven one-hour classes for those ready to commit to quitting tobacco. You will plan for a quit date and receive weekly support to prevent relapse. *Call for dates and times.*

Staying on the right track tobacco cessation support group meets monthly for anyone thinking about a quit, ready to quit, or trying to maintain a quit. Join in, no matter where you are along your quitting journey. (CMC main campus, East campus and Cortland campus) *Call for dates and times.*

KidFit is a 12-week program taught in conjunction with Island Health and Fitness that provides a supportive environment in which overweight kids (ages 8 to 12) can improve their exercise and eating patterns. Parents are included in the nutrition classes. *Tuesday and Thursdays 4:45-6:15 pm.*

***Please contact CCHL for information on dates, times, fees, and registration—252-3590.
Note: fees for many classes may be covered by insurance.***