Obesity Chronic Disease Self-Management Guide

A comprehensive self-management guide with programs, tools, and resources

A project of Healthy Capital District Initiative and the Population Health Improvement Program

revised 3/18/2019
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### Obesity Resources

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Move! Weight Management Program

Stratton VA Medical Center

Counties Served: Albany

Location: 113 Holland Avenue, Albany, NY 12208
Phone Number: (518) 626-6871

About this Program: What is MOVE!? MOVE! is a weight management health promotion program designed to improve the lives of Veterans. MOVE!’s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science. With the help of your MOVE! care team, you can reduce health risks, prevent or reverse certain diseases, improve your quality of life, and even live longer! Must be eligible and enrolled for health care at the Stratton VAMC. See website for details.

Program Website: move.va.gov/ | https://www.albany.va.gov/patients/eligibility.asp

Program Contact Information:
Eva Dickinson
(518) 626-6871
Wellness and Weight Management
Cornell Cooperative Extension- Albany County

Counties Served: Albany
Location: 24 Martin Road, Voorheesville, NY 12186
Phone Number: (518) 765-3552

About this Program: Cornell Cooperative Extension of Albany County offers various hands-on cooking, nutrition, and wellness classes for adults. Please check out our website for more information on classes!

Program Website: albany.cce.cornell.edu/food-nutrition/cooking-nutrition-classes

Program Contact Information:
(518) 765-3552
albany@cornell.edu
TOPS

Real People. Real Weight Loss

Counties Served: Albany, Rensselaer, Saratoga, Schenectady

Locations based on zip code
Phone Number: (414) 482-4620

About this Program: TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. TOPS cannot do the work for you. You only get out of TOPS what you put into it. We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey, including after you reach your goal weight. Weekly meetings are the heart of TOPS' support. They usually last an hour or less. You are welcome to attend your first meeting free of charge—bring a friend if you like.

Program Website: tops.org/TOPS/FindAMeeting

Program Contact Information:
(800) 932-8677
wondering@tops.org
**Capital Region Eat Smart New York Program**
*Cornell Cooperative Extension- Albany County*

**Counties Served:** Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, Washington

**Location:** 24 Martin Road, Voorheesville, NY 12186  
**Phone Number:** (518) 765-3500

**About this Program:** Capital Region Eat Smart New York program is a regional initiative, serving eleven counties in the greater Capital Region. Eat Smart New York is funded through USDA’s Supplemental Nutrition Assistance Program – Nutrition Education (SNAP-Ed), and is a nutrition education and obesity prevention program for families receiving, or eligible to receive SNAP benefits. The goal of the Capital Region Eat Smart New York program is to provide nutrition education workshops, materials and messages, and environmental, policy, and systems change activities and support, to assist eligible youth and adults to: 1.) Eat more fruits and vegetables 2.) Drink less sugar-sweetened beverages 3.) Exercise more and balance calories eaten as part of a healthy lifestyle

**Program Website:** capitalregionesny.org/

**Program Contact Information:**  
Kathleen McAllister  
(518) 765-3522  
ksm17@cornell.edu
LiFE Program
*Community Care Physicians, P.C.*

**Counties Served:** Albany, Rensselaer

**Location:** 501 New Karner Road, Albany, NY 12205
**Phone number:** (518) 452-1337, option 1

**About this Program:** The LiFE Program is an eight-week lifestyle and weight loss group class taught by medical professionals.

**Program Website:** https://www.communitycare.com/PatientServices/

**Program Contact Information:**
Laurie Burton Grego
(518) 452-1337, option 1
Senior Nutrition
Cornell Cooperative Extension- Rensselaer County

Counties Served: Rensselaer

Location: 61 State Street, Troy, NY 12180
Phone Number: (518) 272-4210

About this Program: If you are a senior living in Rensselaer County and have questions about your health conditions and nutrition, you can receive FREE nutrition education. Our registered dietitian can answer questions on nutrition and diabetes, cancer, heart disease, lung disease and weight loss or gain. To receive nutritional information: Over the phone - call (518) 272-4210, By mail - the dietitian can mail you nutrition information and easy recipes, In your home - the dietitian can visit you in your home and provide nutrition education and materials.

Program Website: ccerensselaer.org/food-nutrition/senior-nutrition

Program Contact Information:
Bruce Robertson
(518) 272-4210, ext. 118
br84@cornell.edu
123 Go Kids

*Go Kids*

**Counties Served:** Saratoga

**Location:** Saratoga, Malta, and Clifton Park  
**Phone Number:** (518) 415-2525

**About this Program:** Go Kids is the Capital Region’s only exercise program exclusively designed for children. Go Kids understands that a foundation of healthy habits integrated into a child’s early development will not only last a lifetime but also motivate parents and peers to live healthy lifestyles. Go Kids offers multiple programs including our multi-sport program for preschoolers, camps for children in elementary school and multi-aged physical education classes designed for children of all ages.

**Program Website:** 123gokids.com/about-go-kids

**Program Contact Information:**  
Adam Feldman  
(518) 415-2525  
adam.feldman@123gokids.com
Core Health Program

Community Care Physicians

Counties Served: Albany and Saratoga

Location: 2101 Route 9, Round Lake, NY 12151
Phone Number: (518) 389-8331

About this Program: Community Care Physicians opened the first weight management program in the Capital Region specifically designed for adolescents ages 11 to 18. The Core Health Program is a weight management and lifestyle modification program that incorporates a health coach, personal trainer, nutritionist, and behavioral counselor to help teens and preteens achieve better health. This program is offered free of charge to our family of patients. If your child is a current patient of a Community Care Physicians' primary care office (pediatrics or family medicine), the program is of no cost to you, as this is a continuation of your child's medical care. If your child is not a patient of one of our primary care offices, your child can still join the program.

Program Website: https://www.communitycare.com/

Program Contact Information:
(518) 389-8331
Strong Women Healthy Hearts
Cornell Cooperative Extension

Counties Served: Saratoga

Location: 50 West High Street, Ballston Spa, NY 12020
Phone Number: (518) 885-8995

About this Program: StrongWomen – Healthy Hearts is an 8-week, twice-weekly program, designed by top nutritionists at Tufts University. During these hour-long classes, you will learn about heart healthy eating patterns and weight control techniques. Some topics include portion control, menu planning, and approaches to a healthy diet. You will also engage in light aerobic exercise. All women are welcome to participate but please note this program has been developed for women 40 years of age and older who have been mostly or completely inactive for the past few years and are interested in improving their health, vitality, and well-being. It starts gently and slowly helps you build up your fitness.

Program Website: ccesaratoga.org/nutrition-food/nutrition/strongwomen-healthy-hearts

Program Contact Information:
Diane Whitten
(518) 885-8995
dwhitten@cornell.edu

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Dining with Diabetes
Cornell Cooperative Extension

Counties Served: Albany, Saratoga

ALBANY
Location: 24 Martin Road, Voorheesville, NY 12186
Phone number: (518) 765-3552

SARATOGA
Location: 50 West High Street, Ballston Spa, NY 12020
Phone number: (518) 885-8995

About this Program: Dining with Diabetes is a program designed for people with diabetes and their family members. A series of three classes that includes learning, demonstrations, and tasting of healthy foods. Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, choose meals at a restaurant, and adopt other healthy habits to help manage diabetes. West Virginia University Extension Service developed this research-based program.

Program Website: ccesaratoga.org/nutrition-food/nutrition/dining-with-diabetes

Program Contact Information:
ALBANY
Karen Roberts Mort
(518) 765-3552
kem18@cornell.edu

SARATOGA
Diane Whitten
(518) 885-8995
dwhitten@cornell.edu
Eating on a Budget: The Three P’s
United States Department of Agriculture
Description: Tips on planning, purchasing, and preparing food on a budget.
Languages: English
Target Audience: Adults
choosemyplate-prod.azureedge.net/sites/default/files/budget/PlanPurchasePrepare.pdf

Go, Slow, and Whoa!
We Can!
Description: We Can! Flashcards for children and their parents to help them make educated food choices
Languages: English
Target Audience: Children
nhlbi.nih.gov/health/educational/wecan/downloads/gswflashcards.pdf

Go, Slow, and Whoa! Foods
We Can!
Description: Chart to help families make smart food choices
Languages: English
Target Audience: Children, Adults
nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf

Grocery List Template
We Can!
Description: Grocery list with examples of “Go” “Slow” and “Whoa” foods to encourage healthier grocery shopping
Languages: English
Target Audience: Adults
nhlbi.nih.gov/health/educational/wecan/downloads/tip_grocery.pdf

Healthy Eating for your Preschooler
Dairy Council of California
Description: Tips for parents on feeding and preparing food for and with their preschooler
Languages: English
Target Audience: Children

Educational Resources
Obesity Action Coalition (OAC)
Description: Compilation of brochures and informational guides on topics including understanding obesity, obesity-related diseases, and weight loss options. Some Spanish brochures available. Available for purchase.
Languages: English
Target Audience: Adults
obesityaction.org/educational-resources/brochures-and-guides

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging
National Institutes of Health
Description: Booklet for older adults that reviews the importance of exercise and physical activity, with sample exercises, activity logs, and resources.
Languages: English, Spanish
Target Audience: Adults
go4life.nia.nih.gov/exercise-guide

Get Packin’… Tips for a Healthy Lunch Box
Dairy Council of California
Description: Lunch ideas for parents to provide their children.
Languages: English, Spanish
Target Audience: Children
healthyeating.org/Portals/0/Documents/Tip%20Sheets/GetPackin.pdf

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**Heart Health**  
**Hannaford**  
**Description:** Online recipe guide with information on appropriate portion sizes.  
**Languages:** English  
**Target Audience:** Adults  
[Link to Hannaford recipe guide](http://hannaford.com/content.jsp?page=Name=HealthConditionsHeartHealth&leftNavArea=HealthLeftNav)  

**How to Avoid Portion-Size Pitfalls to Help Manage Your Weight**  
**Centers for Disease Control and Prevention (CDC)**  
**Description:** Printable board game with tips on how to control portion sizes to help manage weight  
**Languages:** English  
**Target Audience:** Adolescents  
[Link to CDC portion pitfalls game](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf)  

**Kid-Friendly Recipes**  
**Dairy Council of California**  
**Description:** Online database of "kid-friendly" healthy recipes for parents to prepare  
**Languages:** English  
**Target Audience:** Children  
[Link to MyPlate Kids Recipes](http://healthyeating.org/Healthy-Kids/Kid-Friendly-Recipes.aspx)  

**Kid-Friendly Veggies and Fruits**  
**United States Department of Agriculture**  
**Description:** Tips for parents on how to make healthy foods more fun for children.  
**Languages:** English, Spanish  
**Target Audience:** Adults  
[Link to MyPlate Kids Veggies and Fruits](https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits)  

**Last Minute Meals Shopping List**  
**Dairy Council of California**  
**Description:** List of nutrient-rich foods from each food group to help shoppers plan healthy meals  
**Languages:** English  
**Target Audience:** Adults  
[Link to Dairy Council last minute meals list](http://www.healthyeating.org/Portals/0/Documents/Healthy%20Eating/FP_LastMinute.pdf)  

**MOVE! Weight Management**  
**United States Department of Veterans Affairs**  
**Description:** Collection of weight management handouts, with topics covering behavior, nutrition, and physical activity.  
**Languages:** English  
**Target Audience:** Adults  
[Link to MOVE! Weight Management](http://move.va.gov/handouts.asp)  

**My Plate Match Game**  
**Dairy Council of California**  
**Description:** Interactive online game for children to test their knowledge of the 5 food groups and how much they should consume from each  
**Languages:** English  
**Target Audience:** Children  
[Link to MyPlate Match Game](http://healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game.aspx)  

**MyPlate Daily Checklist: 1200 Calories**  
**United States Department of Agriculture**  
**Description:** Sheet that estimates food group amounts that can be consumed to meet a daily caloric limit of 1,200 calories, with space for patients to log food choices.  
**Languages:** English  
**Target Audience:** Children  
[Link to MyPlate 1200 calorie checklist](http://cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/MyPlateDailyChecklist_1200cals_Age4-8.pdf)  

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MyPlate Daily Checklist: 1400 Calories
United States Department of Agriculture
Description: Sheet that estimates food group amounts that can be consumed to meet a daily caloric limit of 1,400 calories, with space for patients to log food choices.
Languages: English
Target Audience: Children
cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/MyPlateDailyChecklist_1400cals_Age4-8.pdf

MyPlate Daily Checklist: 1600 Calories
United States Department of Agriculture
Description: Sheet that estimates food group amounts that can be consumed to meet a daily caloric limit of 1,600 calories, with space for patients to log food choices.
Languages: English
Target Audience: Children
cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/MyPlateDailyChecklist_1600cals_Age4-8.pdf

Nutrition
Girlshealth.gov
Description: Educational website targeted toward pre-teen and teen girls, with topics including "Tips for Healthy Eating," "A Healthy Weight for Girls," and "Eating Healthy at Restaurants."
Languages: English
Target Audience: Pre-teen/Teen girls
girlshealth.gov/nutrition/index.html

Nutrition & Fitness Center
KidsHealth
Description: Online "Nutrition and Fitness Center" with educational articles for children, including topics such as food and nutrition, recipes, special diets, and weight.
Languages: English, Spanish
Target Audience: Children
kidshealth.org/en/kids/center/fitness-nutrition-center.html?WT.ac=k-ra

Parent Tips: Compare and Save – Eat Healthy, Spend Less
We Can!
Description: Example page of how healthy snacks and meals can save calories and money
Languages: English
Target Audience: Children, Adults
nhlbi.nih.gov/health/educational/wecan/downloads/tip_comparison.pdf

Parent Tips: Making Healthier Food Choices
We Can!
Description: Provides tips for parents on how to make healthier food choices at home.
Languages: English
Target Audience: Children, Adults
nhlbi.nih.gov/health/educational/wecan/downloads/tip_choices.pdf

Parent Tips: Healthy Snacks 100 Calories or Less
We Can!
Description: 100-calorie snack ideas for parents
Languages: English
Target Audience: Children, Adults
nhlbi.nih.gov/health/educational/wecan/downloads/hundredcalories.pdf

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Educational Tools

Parents... Get Straight A’s With a Healthy Breakfast
*Dairy Council of California*
**Description:** Educational handout for parents that covers the benefits of breakfast, breakfast ideas, tips for busy parents, and guidelines for how much food their child should have from each food group.
**Languages:** English
**Target Audience:** Children
healthyeating.org/Portals/0/Documents/TipSheets/Parents_Get_Straight_As.pdf

Power Up Your Breakfast
*Dairy Council of California*
**Description:** Online educational game to teach children how to eat a healthy breakfast.
**Languages:** English
**Target Audience:** Children
healthyeating.org/Healthy-Kids/Kids-Games-Activities/Power-Up-Your-Breakfast.aspx

Serving Size Comparison Chart
*Dairy Council of California*
**Description:** Chart comparing traditional serving sizes that use ounces, cups, and other measurements to parts of a hand, so patients can better understand appropriate serving sizes.
**Languages:** English, Spanish
**Target Audience:** Children, Adults
healthyeating.org/Portals/0/Documents/Schools/Parent%20Ed/Portion_Sizes_Serving_Chart.pdf

Tips for Weight Loss
*Academy of Nutrition and Dietetics*
**Description:** Collection of online articles with tips regarding weight loss, healthy eating plans, ways to cut calories, and other suggestions on how to lose weight safely.
**Languages:** English
**Target Audience:** Adults
https://www.eatright.org/health/weight-loss/tips-for-weight-loss

What’s a Kid Size Serving?
*Education, Training and Research (ETR)*
**Description:** Pamphlet describing healthy servings for kids. Available for purchase.
**Languages:** English
**Target Audience:** Children
pub.etr.org/productdetails.aspx?id=100000105&itemno=511

What’s On Your Plate?
*United States Department of Agriculture*
**Description:** Two page document reviewing food groups and healthy daily amounts.
**Languages:** English, Spanish
**Target Audience:** Adults
fns.usda.gov/sites/default/files/26_MPMPoster.pdf

What’s a Serving?
*Education, Training and Research (ETR)*
**Description:** Pamphlet that promotes nutrition through sensible diets and healthy serving sizes. Available for purchase.
**Languages:** English
**Target Audience:** Adults
pub.etr.org/productdetails.aspx?id=100000105&itemno=237

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Goal Setting

My Fitness Pal
*Under Armour Connected Fitness*

**Description:** Website that allows patients to track their diet and exercise and set weight loss goals. My Fitness Pal offers free iPhone and Android apps to help patients keep track of diet, weight, and exercise while on-the-go, helping them reach their weight loss goals.

**Languages:** English
**Target Audience:** Adolescents, Adults

https://www.myfitnesspal.com/

My Self-Management Goal for a Healthy Weight
*NYC Health*

**Description:** One page sheet for patients to set explicit weight self-management goals.

**Languages:** English
**Target Audience:** Adolescents, Adults


Weekly Weight Loss Goal-Setting
*Boston Medical Center*

**Description:** Worksheet for patients to outline their weight loss goals for the week, rate the difficulty of the goals, and assess their success at completing the goals.

**Languages:** English
**Target Audience:** Adolescents, Adults

http://www.bmchp.org/~/media/c9cd3ee01cc641dbb7a30241a103edf3.pdf?
Alliance Product Calculator
Alliance for a Healthier Generation
Description: Online calculator where patients can enter food product information and answer a few questions to determine if their beverage, snack, side or entrée item meets the USDA's "Smart Snacks in Schools" Guidelines
Languages: English
Target Audience: Adults
healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Choose My Plate
United States Department of Agriculture
Description: Website with a plethora of tools regarding food groups, recipes, personalized plan, and other items to help with weight loss and management.
Languages: English
Target Audience: Adults
https://www.choosemyplate.gov/

FitDay
FitDay
Description: Online diet and weight loss journal with a mobile application to help track progress.
Languages: English
Target Audience: Adults
fitday.com/

fitbit
fitbit
Description: Wearable wireless activity tracker that can monitor number of steps walked, heart rate, quality of sleep, steps climbed, and other metrics. Available for purchase.
Languages: English
Target Audience: Adolescents, Adults
https://www.fitbit.com/

Mayo Clinic Healthy Weight Pyramid
Mayo Clinic
Description: Online tool to help people identify how many calories they should be consuming to lose weight, based on their age, gender, height, and weight.
Languages: English
Target Audience: Adults
mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/itt-20084941

NIH BMI Calculator – Android App
National Institutes of Health
Description: Free Android app to calculate BMI
Languages: English
Target Audience: Children, Adults
play.google.com/store/apps/details?id=gov.nih.nhlbi.bmicalc&hl=en

NIH BMI Calculator – iPhone App
National Institutes of Health
Description: Free iPhone app to calculate BMI
Languages: English
Target Audience: Children, Adults
itunes.apple.com/at/app/nhlbi-bmi-calculator/id446441346?l=en&mt=8

NIH BMI Calculator – Online
National Institutes of Health
Description: Online tool to calculate BMI
Languages: English
Target Audience: Children, Adults
nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm
Tracking/Monitoring

Staying on Track
Cornerstones 4 Care
Description: Booklet with blood sugar tracker and guide to tracking and adjusting mealtime insulin
Languages: English
Target Audience: Adults
https://www.novomedlink.com/content/dam/novonordisk/novomedlink/resources/generaldocuments/StayingOnTrack_EN.pdf

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Food Assistance

The following agencies can help you find the nearest food assistance programs that serve your neighborhood. Call ahead to verify the facility’s address and hours.

**Food Pantries for the Capital Region**
**Address:** 32 Essex Street, Albany, NY 12206  
**Phone Number:** (518) 458-1167  
**Hours:** Monday - Friday 8 a.m. to 4 p.m.  
**Website:** thefoodpantries.org

**National Hunger Hotline**
**Description:** A United States Department of Agriculture (USDA) Food and Nutrition Service free National Hunger Hotline to help individuals find food near your location.  
**Phone Number:** 1-866-3-HUNGRY or 1-866-3-48679  
**Hours:** Monday - Friday 7 a.m. - 10 p.m.

**Regional Food Bank of Northeastern NY**
**Address:** 965 Albany-Shaker Road, Latham, NY 12110  
**Phone Number:** (518) 786-3691  
**Hours:** Monday - Friday 8 a.m. - 5 p.m.  
**Website:** regionalfoodbank.net

**Nutrition Outreach and Education Program (NOEP)**
**Description:** Free nutrition assistance programs such as the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamp Program. Contact an NOEP Coordinator based on your county to get more information.  
**Website:** hungersolutionsny.org/find-a-noep  
**Phone Numbers:**  
Albany: (518) 689-6327  
Columbia: (518) 828-8660 ext. 128  
Greene: (518) 943-1462 ext. 104  
Rensselaer: (518) 274-2607 ext. 4108  
Saratoga: (518) 587-5188 ext. 412

**Women, Infants, and Children (WIC)**
**Description:** Nutrition assistance program for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. To find a local agency, call the Growing up Healthy Hotline at 1-800-522-5006 or visit the NYSDOH website.  
**Website:** health.ny.gov/prevention/nutrition/wic/how_to_apply.htm

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Sports & Recreation

The following is a list of websites with activities and events in NYS.

**Things to Do in New York State**
*Website: iloveny.com/things-to-do/ #.WN6BwW_yuUI*

**Albany County**
*Website: albanycounty.com/recreation.aspx*

**Columbia County**
*Website: Columbiacountytourism.org*

**Greene County**
*Website: greatnortherncatskills.com/map*

**Rensselaer County**

**Saratoga County**
*Website: saratoga.com/things-to-do/*

**Schenectady County**
*Website: schenectadycounty.com/content/sports-and-recreation*

**YMCA**
Group exercise programs, personal training, and healthy living programs for members only. Scholarships available for those who cannot afford fees. [www.CDYMCA.org](http://www.CDYMCA.org)

**Locations:**

- **Albany**
  616 North Pearl Street Albany, NY 12204
  (518) 463-9622

- **Bethlehem**
  900 Delaware Avenue Delmar, NY 12054
  (518) 439-4394

- **Duanesburg**
  221 Victoria Drive Delanson, NY 12053
  (518) 895-9500

- **Glenville**
  127 Droms Road Glenville, NY 12302
  (518) 399-8118

- **Greenbush**
  20 Community Way E. Greenbush, NY 12061
  (518) 477-2570

- **Greene County**
  35 Route 81 West Coxsackie, NY 12192
  (518) 731-7529

- **Guilderland**
  250 Winding Brook Drive Guilderland, NY 12084
  (518) 456-3634

- **Schenectady**
  433 State Street Schenectady, NY 12305
  (518) 881-0117

- **Southern Saratoga**
  1 Wall Street Clifton Park, NY 12065
  (518) 371-2139

- **Troy**
  2500 21st Street Troy, NY 12180
  (518) 272-5900

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The following workshops guide individuals to manage their weight. Call for a complete description of services, address, class times, and fees.

**Hannaford Dietitian & Free Classes/Demos**
**Description:** Available for store tours, shopping assistance, cooking demos, and general nutrition questions.
**Website:** Hannaford.com/dietitians

**Healthy Living Center Wellness**
**Wellness Facilities**
**Description:** Healthy Living Center provides a no cost, entry-level health, and wellness facility for health seekers. The center provides a variety of group exercise classes, access to a Hannaford registered dietician and occasional wellness programs provided by CDPHP.
**Address:** 900 Central Avenue, Albany, NY 12065
**Phone Number:** (518) 729-4732
**Email:** info@healthyalbany.org
**Website:** healthyalbany.org/

**ShopRite Health & Wellness Coordinator**
**Description:** Offers store tours, educational resources, and information about nutrition, food products and shopping for diabetes.
**Website:** shoprite.com/dietitian
Contact Janae Halsted, MS, RD: (518) 708-3445

**St. Peter’s Health Partners**
**Weight Management Workshops**
**Description:** Workshops covering topics from weight loss, eating healthier, exercise, and diabetes.
**Address:** 63 Shaker Road, Suite 204, Albany, NY 12204
**Phone Number:** (518) 471-3636
**Counties Served:** Albany
**Website:** sphp.com/workfiles/SPHPMA/Diabetes-2017-weight-mgmt-workshops_flyer.pdf

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