

Healthy Living CENTER



About Us



The **Capital District YMCA** is one of the nation's leading nonprofits, strengthening communities through youth development, healthy living, and social responsibility. The Y nurtures the potential in children and teens, improves the nation's health and well-being, and provides opportunities to give back and support our neighbors. For more information, please visit www.CDYMCA.org or call (518) 869-3500.



CDPHP® is a local, nonprofit health plan based in Albany. In addition to providing comprehensive benefits, we are dedicated to helping our members and communities take a proactive role in their health by offering wellness programs and support services that lead to positive lifestyle changes. Visit www.cdphp.com.



Hannaford Supermarkets operates 182 stores throughout Maine, New York, Massachusetts, New Hampshire, and Vermont. All Hannaford stores feature Guiding Stars, America's first storewide nutrition navigation system, and most stores have full-service pharmacies. Additional information can be found at www.hannaford.com.



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Healthy Living Starts Here



Presented by:





Putting Our Community's Health First

A healthier lifestyle starts with healthy choices and habits. To ensure that you have access to the support and resources you need to improve your health and lead a productive, balanced life, the Capital District YMCA, CDPHP®, and Hannaford Supermarkets have partnered together to launch the Healthy Living Center.

The Healthy Living Center offers a variety of classes, programs, and workshops led by certified instructors, registered dietitians, and pharmacists from the YMCA, CDPHP, and Hannaford. Topics cover a wide range of areas, including fitness, nutrition, senior health, medication safety, disease management, and more.

Current and prospective CDPHP members also have the opportunity to speak with an on-site member relations specialist to discuss eligibility and benefits, attain more information about their coverage, as well as their Medicare and NY State of Health™ options, and even enroll.

Get Some Shopping Done, Take a Class

The Center is located in the Hannaford Supermarket & Pharmacy at the Century II Mall at 900 Central Ave. in Albany. Our convenient hours make it easy for you to fit wellness into your daily routine (**visit www.HealthyAlbany.org for our hours**).

Visit www.HealthyAlbany.org for more details about the Healthy Living Center, including class schedules and registration information. You may also email us at info@HealthyAlbany.org or give us a call at (518) 729-4732.

We look forward to seeing you!

Healthy *Living*
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