



HEALTHY YOU - Upcoming Wellness Activities

March 15, 5:30-6:30 pm:

This event will be held at Ezra Prentice Homes, Community Center, 625 Pearl St., Albany

AHA - Hands Only CPR: The skills you learn in this course will prepare you to provide CPR to adults and children who are unresponsive and not breathing normally, regardless of the cause. As part of learning these skills, you'll also be learning the skills needed to provide Hands-Only CPR, an easy and effective way to help adults who suddenly collapse without mouth-to-mouth breaths.

April 19, 5:30-6:30 pm:

Location TBD

Northeast Kidney Foundation - Keeping your Kidneys Healthy: This free public education program teaches about the causes of kidney disease and provides practical tips for keeping your kidneys healthy. It teaches about the important role kidneys play in keeping us healthy, the risk factors for kidney disease, and what we can do to maintain kidney health. It also provides nutritional guidelines and lifestyle changes that we can take to keep our kidneys healthy for life! One out of every three of us are at risk for developing kidney disease! This program will help you keep your kidneys healthy!

American Diabetes Association - Diabetes 101: Representatives from the American Diabetes Association will provide an overview of the various types of diabetes, factors that put one at risk for developing them, signs and symptoms associated with diabetes and ways to prevent the onset. We will also have materials regarding healthy food choices and local resources.

May 17, 5:30-6:30 pm:

Location TBD

Cornell Cooperative Extension - Eat Smart New York: This program will provide nutrition materials and educational classes on a variety of nutrition topics like: healthy eating on a budget, smart shopping for vegetables and fruit, healthy meal planning, basic cooking and food safety skills, weight control and physical activity.

June 21, 5:30-6:30 pm:

Location TBD

American Diabetes Association - Get Fit Don't Sit: Join the ADA as we talk about ways to increase your activity level and how that can help you manage or prevent diabetes.

MVP Health Care - PHIT Fun: This program for kids will play recess games designed to show them cost effective ways to stay active and healthy.



ALBANY COLLEGE OF PHARMACY
AND HEALTH SCIENCES