


1 **3** **Gilda's Club
Living with Cancer Support Group**


TUESDAY, 10 AM–11 AM


Facilitated by a Licensed Clinical Social Worker, this group provides emotional support during and after cancer treatment.

 Nyack Hospital, McCormack Conference Room

 Free

 Registration required

 Pre-register by calling Eric Kelly, 914.644.8844


 Tuesdays: 1/10, 1/17, 1/24, 1/31

1 **3** **Lose to Win Series**


TUESDAY, 3 PM


This is an eight week class that incorporates the latest guidelines on losing weight safely and successfully. The classes focus on nutrition, exercise, and behavior change.

 Nyack Hospital, McCormack Conference Room

 \$10 for entire series

 Registration is required, for adults 18 or older

 To register, call 845.348.2004
Community Health Education Department

 Tuesdays: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21


1 **4** **Yoga for Cancer Patients**


WEDNESDAY, 6 PM–7 PM


Hosted by Nyack Hospital and provided by Kula Karma, this program is taught by Certified Yoga Instructors and focuses on stress reduction and relaxation.

 Nyack Hospital, Cafeteria Conference Room

 Free

 Registration required

 For registration and details, Klara Kovacs
845.348.8507 | kovacksk@nyackhospital.org

 Wednesdays: 1/11, 1/18, 1/25


1 **5** **Yoga for Multiple Sclerosis Patients**

THURSDAY, 6 PM–7 PM


Hosted by Nyack Hospital and provided by Kula Karma, this program is taught by Certified Yoga Instructors and focuses on stress reduction and relaxation.

 Nyack Hospital, Cafeteria Conference Room

 Free

 Registration required

 For registration and details, call 845.348.8880

 Thursdays: 1/12, 1/19, 1/26


1 **5** **Lose to Win Support Group**


THURSDAY, 6 PM–7 PM

This weight loss support group meets monthly to weigh in and provide continued support and education in the journey towards weight loss or maintenance.

 Nyack Hospital, Cafeteria Conference Room

 Free

 Registration not necessary

 845.348.2004 for additional information
Community Health Education Department


1 **7** **Food Addicts
in Recovery Anonymous, Inc.**


SATURDAY, 10 AM–11:30 AM


This is a twelve step program for people suffering from problems with food. FA has helped people recover from obesity, bulimia, and various obsessions with food for decades.

 Nyack Hospital, Cafeteria Conference Room

 Free

 Registration not necessary

 Susan at 845.371.2751

 Saturdays: 1/11, 1/21, 1/28


19 Look Good Feel Better®


MONDAY, 9 AM–11 AM

Look Good Feel Better® is a free program designed for women dealing with hair loss and skin changes due to chemotherapy and radiation. Participants will learn techniques that will help make the most of their appearance while undergoing treatment.

 Nyack Hospital, McCormack Conference Room

 Free

 Registration required

 Please call 1-800-227-2345 to register


19 Gilda's Club Breast Cancer Support Group


MONDAY, 11 AM–12 PM

Facilitated by a Licensed Clinical Social Worker, this group provides emotional support during and after treatment.

 Nyack Hospital, McCormack Conference Room

 Free


 Registration required


 Pre-register by calling Eric Kelly, 914.644.8844

19 Six-Week Lamaze Program


MONDAY, 7 PM–9 PM


Expectant parents will meet weekly to prepare for the labor and delivery process. Topics include relaxation, breathing and coaching techniques. Participants will also tour the Maternity Center.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$175 per couple

 Registration required **download form here.**

 845.348.2004 for additional information
Community Health Education Department

 Mondays: 1/16, 1/23, 1/30, 2/6, 2/13


112 Diabetes Support Group, Day


THURSDAY, 10 AM–11 AM

This group provides support and education to individuals affected by diabetes.

 Nyack Hospital, Diabetes Education Classroom

 Free

 Registration not necessary

 845.348.2004 for additional information
Community Health Education Department

118 Infant Care and Nutrition Class

WEDNESDAY, 6:30 PM–9 PM

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$65

 Registration required **download form here.**

 To register, please call 845.348.2639
or email farrellm@nyackhospital

119 Diabetes Support Group, Evening


THURSDAY, 6 PM–7 PM

This group provides support and education to individuals affected by diabetes.

 Nyack Hospital, Cafeteria Conference Room

 Free

 Registration not necessary

 845.348.2004 for additional information
Community Health Education Department

121 Breastfeeding Basics


SATURDAY, 10 AM–12 PM

Learn about the benefits and basics of breastfeeding, including nutrition, storage, pumping, positioning, and use of breastfeeding equipment.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$50

 Registration required **download form here.**


 845.348.2004 for additional information
Community Health Education Department

121 Weekend Accelerated Lamaze Series


SATURDAY, 12 PM–6 PM AND SUNDAY, 9 AM–3 PM


This class is ideal for the couple with limited time to attend childbirth classes. Class will cover relaxation and breathing methods, coaching techniques, and a tour of Nyack Hospital's Maternity Center.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$175 per couple

 Registration required **download form here.**

 845.348.2004 for additional information
Community Health Education Department

 Day two of class is Sunday, 1/22