



Finger Lakes Health is partnering with your Geneva Family YMCA to offer some healthy and helpful programs. Below is the schedule for Fall 2016. Anyone interested can attend. Please join us.

Thursday, September 1, 2016, Noon

Come chat with Dr. Joe Gomez, cardiologist with Geneva General Cardiology Associates, about your "Heart Health" - what you can do to keep it healthy and prevent a cardiovascular event.

Thursday September 15, 2016, Noon

Julianna Tyler, PT, orthopaedic clinical specialist, will discuss "Functional Exercises and How to Progress Yourself".

Wednesday, September 28, 2016, 11:30 a.m.

Join Tammy Healy, BSN, RN, Finger Lakes Health infection prevention coordinator, to learn more about those things that scare us - "Lyme Disease and Zika Virus", and how to protect yourselves.

Thursday, October 13, 2016, Noon

Join Dietician Tina Ganzon, RD, CDN, to discuss "Fall Fruits & Vegetables" - their benefits and some recipes.

Wednesday, October 19, 2016, 11:30 a.m.

Come meet Liz Crocitto, physical therapist at Garnsey Rehab at Geneva General, who will discuss "Female Pelvic Health", including treatment options for urinary incontinence and pelvic organ prolapse.

Wednesday, November 2, 2016, 11:30 a.m.

Join Diana Modera, BSN, Acute Rehab Unit at Geneva General, who will offer information on the "Signs and Symptoms of Stroke" - the risk factors, some causes and what you can do to prevent a stroke. The presentation will be followed by a blood pressure screening done by Modera and Jodi Hennessy, LPN.

Thursday, November 17, Noon

Join Tom DelPapa, DPT, outpatient rehabilitation coordinator for Finger Lakes Health, to learn about "Concussion Management & Treatment" - for athletes and non-athletes - young and old.

Wednesday, November 30, 11:30 a.m.

Rhonda Solomon, FNP, will discuss "Diabetes Management" - how to improve your health to prevent diabetes and get better control of your sugar.

All programs are free and open to the public. They will be held in the gym at the Geneva Family YMCA, 399 William Street, Geneva.

Lunch will be provided along with the programs, but registration is appreciated in advance. Call (315) 789-1616 to reserve your spot or sign up at the Y.