



**Finger Lakes Health**

# Chat +Snack

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Finger Lakes Health is partnering with Geneva Family YMCA to offer some healthy and helpful programs. Below is a schedule of the bi-weekly programs being offered by Finger Lakes Health staff for the next four months.

**We hope you can join us.**

**Wednesday, November 18, 2015, 11:30 a.m.**

Meet Tammy Healy, Infection Prevention Coordinator, to learn about keeping yourself healthy this fall and winter and preventing the flu.

**Thursday, December 3, 2015, Noon**

Lisa Davis, Women's Diagnostic Coordinator, will discuss what you should know about mammography and bone density screenings.

**Thursday, December 17, 2015, Noon**

Cardiac Rehabilitation nurses will talk about keeping your heart healthy and will do a blood pressure screening.

**Wednesday, December 30, 2015, 11:30 a.m.**

Join Dietitian Tina Ganzon to discuss starting the New Year with healthier eating habits and learn about nutrition counseling services.

**Thursday, January 14, 2016, Noon**

Come meet Mary Grabbatin, Rehabilitation Supervisor, to learn about good body mechanics and proper lifting and carrying techniques.

**Wednesday, January 27, 2016, 11:30 a.m.**

Kathy Wade, Director of Adult Day Health Care, will offer information on managing your stress, especially while caring for loved ones and how we can help.

**Thursday, February 11, 2016, Noon**

Join PT Tom DelPapa, Outpatient Rehabilitation Coordinator, to learn what to do about balance issues and "dizziness."

**Wednesday, February 24, 2016, 11:30 a.m.**

Come meet PT Julianna Tyler, Orthopaedic Clinical Specialist, who will discuss exercise parameters for the aging population.

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 needed in advance. Call (315) 789-1616 to reserve your spot or sign up at the Y.