



Finger Lakes Health is partnering with your Family YMCA to offer some healthy and helpful programs. Below is a schedule of the programs being offered for the next four months. We hope you can join us.

**Wednesday, January 24, 11:30 a.m. - Women's Pelvic Health**

Come meet Liz Loycano, physical therapist, who will discuss "Women's Pelvic Health", including symptoms and treatment options for stress and urge-related incontinence and pelvic organ prolapse.

**Thursday, February 8, Noon - Benefits of Learning CPR & How to Use an AED**

Join Kathy Bement, MS, RN, from our Education Department, to learn the benefits of knowing how to do CPR, recent changes in CPR, classes to learn CPR - Friends & Family versus Adult Heartsaver, and see an AED demo.

**Thursday, February 22, Noon - Importance of Mobility/Fall Prevention Screening**

Come meet Aaron VanCuren, physical therapist, to learn the importance of screening for mobility and fall prevention in community dwelling older adults and get information on Finger Lakes Health's new screening program.

**Thursday, March 8, Noon - Dizziness and Balance**

Join Physical Therapist Tom DelPapa, Finger Lakes Health's outpatient rehabilitation coordinator, to learn what to do about balance issues and "dizziness."

**Thursday, March 22, Noon - Functional Exercise in the Older Adult**

Physical Therapist Julianna Tyler, orthopaedic clinical specialist, will discuss exercise parameters for the aging population and will offer some tips on functional exercises.

**Wednesday, April 4, 11:30 a.m. - Long Term Care & Medical Adult Day Care Services Discussion**

Join Ann Nielson, long term care admissions coordinator, and Kathy Wade, director, Adult Day Health Services, to learn about varied levels of care before you need them for a loved one or yourself.

**Thursday, April 19, Noon - Specialized Rehab Services You Didn't Know About**

Come meet Judy McTigue, admissions coordinator, to learn about programs such as the Acute Rehab Unit at Geneva General Hospital and the Swing Bed program at Soldiers & Sailors Memorial Hospital.

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.