



**COMMUNITY LISTINGS  
FOR IMMEDIATE RELEASE**

May and June 2006

**UPCOMING WELLNESS PROGRAMS & CLASSES  
OFFERED BY ELLIOT HEALTH SYSTEM**

**HEALTH EDUCATION**

Shortness of Breath Seminar

Thursday, June 8

3:30 to 4:30 p.m., Free

Elliot Hospital, Wound Center Conference Room, 1<sup>st</sup> Floor

Is shortness of breath affecting your life? This FREE informational seminar will address the causes of shortness of breath and possible treatment options. To register, please call 663-2366.

**PARENTING**

Coping Skills and Relaxation Group

Thursdays, 6 p.m.

6 week session begins June 29, \$45 a session. Insurance accepted.

This group will focus on stress management: delegation, letting go of others' expectations and the need to control. Participants will also learn to manage stress through meditation and guided imagery. Healthy relationships, life transitions and relapse prevention will also be explored. To register, call Manchester Counseling Services at 668-4079.

Positive Parenting Series

Organized by Manchester Counseling Services, this educational series will help guide parents through various child and family issues.

*Healthy Eating Techniques and How to Make Successful Behavioral Changes*

Tuesday, May 9, 6 p.m., \$10 per person, taught by Linda Bagshaw, LICSW

Elliot Hospital, Conference Center, Ground floor

To register, call Elliot On-Call at 663-4567.

*Learning Disabilities: Their Signs and Symptoms and How to Gear Your Child Up for Success in School*

Tuesday, June 13, 6 p.m., \$10 per person, taught by Anna Hutton, PsyD

Elliot Hospital, Conference Center, Ground floor

To register, call Elliot On-Call at 663-4567.

Family Changes Support Group

Six week session begins May 8

Mondays, 4 to 5:30 p.m., \$45 a session. Insurance accepted.

Designed for children, ages 7 to 12, whose parents are living separately or are divorced. This therapy group will assist children in adjusting to changes and transitions in their family structure. Children will learn coping skills to decrease anxiety and relieve sadness and depression. To register, call Manchester Counseling Services at 668-4079.

- MORE -

## **NUTRITION AND WEIGHT MANAGEMENT**

First Line Therapy is a 12-week group program offered on Wednesday evenings. For those that have high cholesterol, high blood pressure, elevated blood sugar, inflammation, or arthritis. Many participants reduce or avoid the need for medication and lose weight, even though weight loss is not the focus of the program. Join the first Wednesday of each month by calling Donna Gleeson at 663-2521.

Elliot's Choosing the Right Weigh is for the dieter who may be discouraged with lack of success. This is a completely different approach to weight loss, based on the knowledge that a healthy body releases weight more easily. Participants learn to understand their body's nutrient needs and receive creative, power-packed nutrition guidance. An exercise specialist teaches the basics of exercise, and a certified hypnotherapist teaches stress management techniques.

Free informational sessions for the summer series will be held June 29 or July 6. Call Elliot On-Call at 663-4567 to register.

First Line therapy and Elliot's Choosing the Right Weigh are reimbursed by Anthem, Cigna, and HealthTrust.

Supermarket Tours are offered at 3 local Hannaford supermarkets. Receive FREE personal guidance and nutrition ideas from a registered licensed dietitian on fun, healthy snacks for kids, planning a gluten free diet, managing weight, cholesterol, and blood sugar, and so much more. Tours are arranged through the supermarket:

John Devine Drive Hannaford, 626-4567

Hanover Street Hannaford, 624-4442

Bedford Grove Hannaford, 625-5431.

## **FITNESS**

### Cardio Salsa

Mondays, May 1 through June 19, \$40

The Royal Dance Studio of Manchester combines fitness, fun and dance! Wear sneakers, be ready to raise your heart rate, build endurance and break sweat, all while learning new dance steps.

### Beginner Line Dancing

Thursdays, June 22 through July 13, \$25

Learn the basic steps to a number of popular line dances. Not just country western!

### Kripalu Yoga

Mondays, July 10 through August 28, \$90

Good for beginners and advanced participants of any age who would like a gentler type of yoga.

### Parent/Child Creative Yoga and Movement

Saturday, May 20, 11 a.m. to Noon, \$15/couple

For kids 5 to 7 and a parent. Helps improve self-esteem, body awareness, flexibility, strength and appreciation of others. Dress comfortably and bring a bottle of water.

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