

Staying Fit & Healthy Resource Directory

This resource was designed to help older adults in the community have easy access to the large number of resources and programs designed to help them stay healthy and active.

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People of all ages are encouraged to stay as active as possible through recreational opportunities or physical exercise.

Regular physical activity can help you:

- Reduce your risk of heart disease, arthritis, diabetes, and cancer
- Maintain a healthy weight
- Reduce blood pressure and cholesterol levels
- Improve circulation.
- Increase flexibility and balance
- Decrease stress and reduce levels of anxiety or depression
- Increase your energy level and help you sleep better at night
- Decrease memory loss
- Increase your social interactions if you exercise with others

For additional information on exercising check out one of these websites.

<http://www.icaa.cc/welcomeback.htm>

<http://www.health.gov/paguidelines/adultguide/default.aspx>

What benefits would you like to gain from physical activity? What's important to you?
Try setting some personnel goals--both long- and short-term goals.

Setting Your Long-Term Goals

What is your goal? Improved health? Ability to play a sport longer? Relaxation? Stronger legs? Fun with a friend? Recovery from a health scare? Think about physical activities—those that are already part of your daily life as well as exercise or recreation that you can add—that can give you what you want. Write down your goals and post them where you will see them every day.

Example: Long-Term Goal: I will have more energy on a daily basis.

Short-Term Goals:

Short-term goals are the steps that help you reach your long-term goals. Achieving short-term goals will keep you motivated as you work toward your long-term goals. Make these reasonable and easily attainable. Be specific and detailed; include “when”, “where” and “how much”. Short term goals can be adjusted as you progress toward your long term goal.

Example: Short term Goal: I will walk for 20 minutes in the morning four days a week. To make it more enjoyable, I will invite a friend to join me for these walks. When it rains, I will go to the senior center and use the tread mill.

Click here for a **Setting Goals Worksheet** that you can use to record your goals and track your progress.

Please print off sections of this directory you feel will be useful to you; it can shared with your friends and family.

This directory was made possible by: The Broome County Office for Aging www.gobroomecounty.com/senior , the Retired Senior Volunteer Program of Broome County, and the Aging Future Partners serving on the Chronic Disease & Wellness Advisory Workgroup www.agingfutures.com Funding was provided by the Administration on Aging, the New York State Office for Aging and the New York State Department of Health. Some information on goal setting was reproduced with permission from the Alberta Centre for Active Living, www.centre4activeliving.ca

If you have information to add to this directory, follow the directions below.

If you have an on-going program that is open to the older adults in this area, email program information to ofa@co.broome.ny.us using **Staying Fit & Healthy Directory** in your subject line. All information submitted will be evaluated to determine if it is appropriate for this directory. Please include all the necessary details including name of program, category, phone, address, website, a short description and any fees associated with program.



Recreational Opportunities

Program Name	Contact Information	Program Description	Fee
Tai Chi	Broome West Senior Center 2801 Wayne Street Endwell, NY 13760 785-1777 www.gobroomecounty.com/senior	Learn gentle moves, beginners to seasoned participants.	Fee per class
Line Dancing	Broome West Senior Center 2801 Wayne Street Endwell, NY 13760 785-1777 www.gobroomecounty.com/senior	Line dancing, beginners and advanced.	\$2 per class
Men's Volleyball	Vestal Senior Center Old Vestal Jr. High School Cafeteria 201 Main Street, Box 4 Vestal, NY 13850 754-9596 www.tier.net/vsc	Pick up games available on specific days.	No charge
Floor Shuffleboard	Broome West Senior Center 2801 Wayne Street Endwell, NY 13760 785-1777 www.gobroomecounty.com/senior	Everyone welcome to participate.	No charge
Community Gardening	Volunteers Improving Neighborhood Environments (VINES)		No charge

Program Name	Contact Information	Program Description	Fee
	724-0655		
Hiking	Triple Cities Hiking Club PO Box 22 Johnson City NY 13790 tier.net/users/tchc	Guided, group hikes scheduled on most weekends throughout the year for all levels.	\$5 yearly dues
Broome County Senior Games	Broome County Office for Aging 44 Hawley Street PO Box 1766 Binghamton, NY 13902 778-2411 www.gobroomecounty.com/senior	The Senior Games offer seniors the opportunity to stay active through friendly competitive athletic events. People 55 years and older are invited to participate.	\$10 for all events, except golf and bowling, which have an additional charge
Line Dancing	United Health Service Oakdale Mall Johnson City, NY 13790 763-6060 http://www.uhs.net		Fee
Zumba Dance	Fun & Dance Studio 233 Vestal Parkway East Vestal, NY 13850 786-5669	Zumba is a fusion of Latin and international music.	Fee
Dance Classes	Jewish Community Center 500 Club House Road Vestal, NY 13850 724-2417 www.jewishcc.org/	A variety of dance classes are available	Monthly or yearly dues. No contract required.

Exercise

Aerobics

Program Name	Contact formation	Program Description	Fee
Low Impact Aerobics	Hilltop Retirement Community 286 Deyo Hill Road Johnson City, NY 13790 798-7818 ext. 296		Fee for community members
Walking Away The Pounds	Boys & Girls Club Western Broome Family Center One Clubhouse Road Endicott, NY 13760 754-0225 www.boysandgirlsclubofwesternbroome.com	Low impact aerobic workout as gentle as walking with a fun twist.	Call for member/non-member fees
Aerobics Classes	Vestal Senior Center Old Vestal Jr. High School Cafeteria 201 Main Street, Box 4 Vestal, NY 13850 754-9596 www.tier.net/vsc	Modified aerobics for older adults.	Small fee
Step Aerobics	United Health Services 763-5555 www.uhs.net	Enjoy this active exercise program to strengthen your cardiovascular system and tone all your muscles.	Small fee
FIT TV Channel 70		Exercise Channel	Expanded cable service needed

Water Exercises

Program Name	Contact Information	Program Description	Fee
Aquatic Programs	Jewish Community Center 500 Club House Road Vestal, NY 13850 724-2417 www.jewishcc.org/	Open swim and classes.	Monthly or yearly dues. No contract required.
Variety of Water Exercise Classes	Boys & Girls Club Western Broome Family Center One Clubhouse Road Endicott, NY 13760 754-0225 www.boysandgirlsclubofwesternbroome.com	Multiple exercises to help maintain and improve mobility. Shallow water exercises are done slowly to music. Chair lift available.	Some classes are no charge Call for specifics.
Variety of Water Exercise Classes	Broome County YWCA 80 Hawley Street Binghamton, NY 13901 www.ywcaofbinghamton.com	Call for seasonal schedule of classes Therapeutic access with hydraulic chairlift to swimming pool.	Membership required. Call for prices
Variety of Water Exercise Classes	YMCA Binghamton 61 Susquehanna Street Binghamton, NY 13901 772-0560 www.bcymca.com	<i>Call for seasonal schedule of classes</i> Arthritis Water Exercise Deep Water Jog Pilates in the Pool Rusty Hinges Water Aerobics Water Aerobics Plus Water Walking Open swim and laps	Call for member and non-member fees
Variety of Water Exercise Classes	YMCA West Family 740 Main Street Johnson City, NY 13790 770-9622 www.bcymca.com	<i>Call for seasonal schedule of classes</i> Arthritis Water Exercise Deep Water Jog Pilates in the Pool Rusty Hinges Water Aerobics Water Aerobics Plus Water Walking Open swim and laps	Call for member and non-member fees

Program Name	Contact Information	Program Description	Fee
Swimming and Water Aerobics	Court Jester Athletic Club 216 Reynolds Road Johnson City, NY 13790 www.courtjesterac.com	Swim in a heated, indoor lap pool. Count your laps for the swim club, have fun in a low-impact water exercise class, or join a water sports league! We offer three water aerobics classes, with certified professional instructors. Family swimming every weekend. Lifeguards are always on duty. Call for information. Pool has public hours.	Monthly dues No contract required
Swimming	Windsor Central High School Fitness Center www.windsorad.org/fitness		Fee (free for district seniors)

Low Intensity Exercises

Program Name	Contact Information	Program Description	Fee
Chair Exercises	Broome West Senior Center 2801 Wayne Street Endwell, NY 13760 785-1777 www.gobroomecounty.com/senior	Classes are designed to increase flexibility, range of motion and circulation. Meeting times: Tuesdays & Thursdays 11 am	No charge
Chair Exercises	Northern Broome Senior Center 12 Strongs Place Whitney Point, NY 13862 www.northernbroomeseniors.org	Classes are designed to increase flexibility, range of motion and circulation.	No charge



Walking

Site Name	Location	Program Description	Fee
<i>Binghamton</i>			
Alumni Stadium Track	167 Frederick Street Binghamton, NY 13904	Open daily 6:00 to 8:00 am	No charge
Otsiningo Park	One Otsiningo Park Binghamton, NY 13905	Pond Loop: 0.7 miles Ball Field Loop: 0.9 miles Tail Connection to North Park: 1.0	No charge
Port Dickinson Park	Chenango Street Binghamton, NY 13901	Paved surface totals one mile	No charge
Recreation	Beethoven and Seminary Avenue	Paved loop in wooded area totals 0.2 miles	No charge

Site Name	Location	Program Description	Fee
Park	Binghamton, NY 13905		
Confluence Park	North end of the S. Washington Street Bridge Binghamton, NY 13901	A trail under the bridge and along the Chenango River bank connects Confluence Park to the City of Binghamton Promenade Walkway.	No charge
MacArthur Park	Vestal Avenue Binghamton, NY 13903	Lighting extends walking time into the evening	No charge
Aqua-Terra Park	Maxian Road Binghamton, NY 13903 778-2193	446 acres of natural settings	No charge
<i>Chenango</i>			
Chenango Forks High School	One Gordon Drive Binghamton, NY 13746 648-7544	Indoor Walking Program Call Office for Aging 778-2411	No charge
Chenango Valley High School	221 Chenango Bridge Road Binghamton, NY 13901	Indoor Walking Program Call Office for Aging 778-2411	No charge
Chenango Valley State Park	State Park Road 153 State Park Chenango Forks, NY 13746	Uphill (altitude change of 60 ft) loop road of 2.8 miles, which walkers and bikers must share with motorists	Summer entrance fee
<i>Conklin</i>			
Susquehanna Valley High School	1040 Conklin Road Conklin, NY 13748 775-0304	Outside Track	No charge
Oquaga Creek State Park	299 County Highway 20 Deposit, NY 13754	Loop road of 2.0 miles, which walkers and bikers must share with motorists.	No charge

Site Name	Location	Program Description	Fee
<i>Endicott</i>			
Chugnut River Walk	McKinley Avenue Bridge Endicott, NY 13760	This paved path beside the Susquehanna River follows the flood wall west for 0.7 miles then rises to the levee at Bridge Street.	No charge
Jennie F. Snapp	101 Loder Avenue Endicott, NY 13760	Indoor Walking Program Call Office for Aging 778-2411	
Union Endicott High School	1200 E. Main Street Endicott, NY 13760 757-2811	Outside Track	No charge
<i>Endwell</i>			
Maine-Endwell High School	750 Farm-to-Market Road Endwell, NY 13760 754-1400	Outside Track	No charge
<i>Harpursville</i>			
Harpursville High School	54 Main Street Harpursville, NY 13787 693-8105	Outside Track	No charge
Nathaniel Cole Park	1674 Colesville Road Harpursville, NY 13787	Self-guided nature trails.	No charge
<i>Johnson City</i>			
Oakdale Mall	Harry L. Drive Johnson City, NY 13790 798-9388	Hours of Operation Monday – Saturday 7 am to 9 pm Sunday 7 am to 6 pm	No charge

Site Name	Location	Program Description	Fee
Finch Hollow	1394 Oakdale Road Johnson City, NY 13790 729-4231	Self-guided nature trails.	No charge
<i>Kirkwood</i>			
Grange Hall Park	Grange Hall Road Kirkwood, NY 13795	This is a one-quarter mile loop track.	No charge
Valley Park	Francis Street & Crescent Drive Kirkwood, NY 13795	This one-quarter loop track is well lit and arrangements may be made to keep lights on into the late evening.	No charge
Veteran River Park	Kirkwood, NY 13795	Loop trail of 0.3 miles	No charge
<i>Maine</i>			
Town of Maine Park	Route 26, behind Maine Memorial School	Loop picnic access road of about 0.2 mile	No charge
<i>Nanticoke</i>			
Greenwood Park	153 Greenwood Road Lisle, NY 13797	One mile, which walkers and bikers must share with motorists	No charge
<i>Vestal</i>			
Binghamton University	4400 Vestal Parkway Vestal, NY 13850 http://www2.binghamton.edu/about/visiting-campus/index.html	Outside track and nature preserve trails	No charge
Vestal High School	205 Woodlawn Drive Vestal, NY 13850	Outside Track	No charge

Site Name	Location	Program Description	Fee
Vestal Rail Trail	Stage Road or African Road Vestal, NY 13850	This twelve-foot wide paved abandoned railway extends two miles from the Shoppes of Vestal on African Road west to Stage Road off Bridge Street. Parking is available at both ends.	No charge
Fred L. Waterman Conservation Center	403 Hillton Road Apalachin, NY 13732	Center includes four miles of nature trails in 96 acres of mature woods and fields. The center is open all year, seven days a week. The nature trails are open from dawn to dusk.	No charge
<i>Whitney Point</i>			
Dorchester Park	5469 NYS Rte 26 Whitney Point, NY 13862	The shore-side road extends through the park and continues south about one mile to the lake overflow structure. Vegetation is reclaiming the southern half of this old paved road.	
Whitney Point High School	10 Keibel Road Whitney Point, NY 13862	Indoor Walking Program Call Office for Aging 778-2411	No charge
<i>Windsor</i>			
Windsor High School	1191 NYS Rte 79 Windsor, NY 13865	Indoor Walking Program Call Office for Aging 778-2411	No charge
Hawkins Pond Nature Area	224 Scouten Hill Road Windsor, NY 13865	Hiking trails in a forested area.	No charge

Site Name	Location	Program Description	Fee
Walking Groups Stay Well Walking Groups	Vestal Senior Center Old Vestal Jr. High School Café. 201 Main Street Vestal, NY 13850 754-9596	Walk with a group! Mondays, Wednesday and Fridays 8 to 9 am.	No charge
Indoor Walking Program	In neighborhood schools and other locations. Broome County Office for Aging 778-2411 www.gobroomecounty.com	From November – April, area schools in Broome County open their hallways for seniors to walk at their own pace. Other locations are the Oakdale Mall in JC and Highland Park Gym in Endwell.	No charge

Flexibility and Strengthening

Program Name	Contact Information	Program Description	Fee
Stay Well Chair Exercise Program	Broome County Office for Aging 778-2411 www.gobroomecounty.com	Location: Vestal, Endwell and Greenman Senior Community Centers	No charge
Flexibility and Strengthening Classes	Jewish Community Center 500 Club House Road Vestal, NY 13850 724-2417 www.jewishcc.org/	This, the nation's leading fitness program, will help individuals improve their health and reduce the risk of disability and disease.	Call for member & non-member fees
Tai Chi	Broome West Senior Center 785-3427 www.gobroomecounty.com/senior	Beginner and advanced welcome.	No charge

Program Name	Contact Information	Program Description	Fee
Pilates	Boys & Girls Club Western Broome Family Center One Clubhouse Road Endicott, NY 13760 754-0225 www.boysandgirlsclubofwesternbroome.com	No impact, slow moving, stretching and strengthening. Tone muscles using slow controlled movements and lots of breathing. Increase circulation and flexibility. Three levels of work out from beginner to intermediate.	Call for member & non-member Fees
Joint Benders	Boys & Girls Club Western Broome Family Center One Clubhouse Road Endicott, NY 13760 754-0225 www.boysandgirlsclubofwesternbroome.com	For individuals who have not exercised in years or who have a physical challenge that will not permit typical exercising without pain. Class includes water walking and jogging, working with light weights and some deep water exercising.	Call for member & non-member fees
Stretch & Gentle Strengthening	Boys & Girls Club Western Broome Family Center One Clubhouse Road Endicott, NY 13760 754-0225 www.boysandgirlsclubofwesternbroome.com	No impact, slow moving, very gentle stretching and strengthening, full body stretching including back stretches. Toning focuses on core strength.	Call for member & non-member fees
Osteo-Exercise	Broome West Senior Center 785-1777 www.gobroomecounty.com/senior	Low-intensity class using light weights to help prevent or decrease osteoporosis and improve balance.	No charge
Osteo-Exercise	Northern Broome Senior Center 692-3405 www.northernbroomeseniors.org	Low-intensity class, using light weights to help prevent or decrease osteoporosis and improve balance.	No charge
Osteoporosis Prevention	Vestal Senior Center 754-9596 www.tier.net/vsc/	Low-intensity class, using light weights to help prevent or decrease osteoporosis and improve balance.	No charge

Program Name	Contact Information	Program Description	Fee
Aerobics, Yoga, Pilates, Spinning	Jewish Community Center 500 Club House Road Vestal, NY 13850 724-2417 www.jewishcc.org/	Call for seasonal hours	Monthly or yearly dues. No contract required
Arthritis Exercise Program	Retired & Senior Volunteer Program/RSVP 231-0726	Classes are designed to maintain range of motion, ease pain, increase function and offer support to persons with arthritis. 16 week sessions. Call for schedule and location of classes.	No charge
Bone Savers Program	Retired & Senior Volunteer Program/RSVP 231-0726	Classes teach strength training to strengthen bones. Call for schedule and location of classes.	No charge
Power Over Parkinson's	Jewish Community Center 500 Club House Road Vestal, NY 13850 724-2417 www.jewishcc.org/	This program has been developed based on the American Parkinson's Disease Association's suggestions.	Call for member & non-member fees

Exercise Equipment

Contact Information	Program Description	Fee
<p>Boys & Girls Club Western Broome Family Center One Clubhouse Road Endicott, NY 13760 754-0225 www.boysandgirlsclubofwesternbroome.com</p>	<p>A variety of exercise equipment is available for use.</p>	<p>Call for member & non member fees</p>
<p>Broome West Senior Center 785-3427 www.gobroomecounty.com/senior</p>	<p>A variety of exercise equipment is available for use.</p>	<p>No charge</p>
<p>Eastern Broome Senior Center 693-2069 www.gobroomecounty.com/senior</p>	<p>A variety of exercise equipment is available for use.</p>	<p>No charge</p>
<p>First West Senior Center 797-2307 www.gobroomecounty.com/senior</p>	<p>A variety of exercise equipment is available for use.</p>	<p>No charge</p>
<p>Greenman Senior Center 772-7166 www.gobroomecounty.com/senior</p>	<p>A variety of exercise equipment is available for use.</p>	<p>No charge</p>
<p>Northern Broome Senior Center 692-3405 www.northernbroomeseniors.org</p>	<p>A variety of exercise equipment is available for use.</p>	<p>No charge</p>
<p>Windsor Central High School Fitness Center www.windsorad.org/fitness</p>	<p>Fitness Center has public hours.</p>	<p>Fee (free for district seniors)</p>

Commercial Exercise Facilities

Facility Name	Contact Information	Program Description	Fee
Jewish Community Center	500 Club House Road Vestal, NY 13850 724-2417 www.jewishcc.org/	Call for seasonal hours of operation.	Monthly or yearly dues No contract required
Court Jester Athletic Club	Off Reynolds Road Johnson City, NY 13790 729-3332 & 67 Robinson Street Binghamton, NY 13901 723-2522 www.courtjesterac.com	Call for seasonal hours of operation	Monthly dues. No contract required
Planet Fitness	Vestal, NY 13850 644-9089 www.planetfitness.com/vestal	Call for seasonal hours of operation.	Monthly dues. No contract required
American Family Fitness & Woman's Fitness Center	Vestal, NY 13850 786-0800 www.americanwomanfitness.org	Call for seasonal hours of operation.	Monthly dues. No contract required
Broome County YMCA	Johnson City, NY 13790 770-9622 Or Binghamton, NY 13901 772-0560 www.bcmca.com	Call for seasonal hours of operation.	Monthly dues. No contract required

Support Groups

Group Name	Contact Information	Program Description	Fee
Mended Hearts Twin Tier Chapter	American Heart Association Donald Webber 239-5065 www.americanheart.org	Meetings held in the Wilson Hospital Conference Room in the Picciano Building.	No charge
Stroke Support Group	American Heart Association Sue Mayes 754-3405 www.americanheart.org	Meetings are the fourth Tuesday of every month at the Vestal Public Library, 1 to 3 pm.	No charge
Geriatric Mental Health Treatment Services	Greater Binghamton Health Center 724-1391		A fee applies to this service
Caregiver Support Group	Broome County Office for Aging 778-2411 www.gobroomecounty.com/senior	Education seminars provided for caregivers caring for relatives or friends.	No charge
Active Choices	Retired & Senior Volunteer Program/RSVP 231-0726	A telephone based coaching program for seniors wanting to increase their activity levels. Six months in duration.	No charge
Living Healthy	Retired & Senior Volunteer Program/RSVP 231-0726	A six week workshop offering educational resources for seniors who are self-managing a chronic medical condition.	No charge
Social Connections for Senior Women	Aging Futures 724-9130 x – 304	Promotes friendship and social connections among its members. Participants share ideas, experiences and concerns as they develop support and companionship.	No charge

Group Name	Contact Information	Program Description	Fee
Faith in Action Volunteer Program	Broome County Council of Churches 724-9130	Visitors for home-bound seniors	No charge
Individual Mental Health Support	Family & Children's Society 257 Main Street Binghamton, NY 13905 729-6206 www.familycs.org	For support when it is needed, words to heal, hands to help and professional guidance for individuals and families.	No charge
Counseling	United Health Services 763-5555 www.uhs.net	Confidential, individual counseling is offered at the Stay Healthy Center on a variety of topics.	Fees may apply to this service
Eating Disorder Support Group	United health Services 763-5555 www.uhs.net		No charge
Good Morning Broome	RSVP 231-0726	Volunteers call isolated seniors daily to check on them.	No charge



Education

Program Name	Contact Information	Program Description	Fee
OWL - Older Wiser Learners Program	Broome Community College 778-5001 www.sunybroome.edu	OWLs classes blend traditional-age students and senior citizens, providing a unique learning environment.	Call for fees. Financial assistance may be available.
Gentiva.com Health Education Center	www.gentiva.kramesonline.com	This site, which provides access to more than 4,000 topics relating to health and medication, is available to patients, families and professionals.	No charge
Mission Meltaway	Broome County Office for Aging 778-2411 www.gobroomecounty.com/senior	Six to eight week wellness program designed to assist participants in living a healthier life through the incorporation of better eating habits, increased physical activity and stress reduction.	No charge
Living Healthy	Retired & Senior Volunteer Program/RSVP 231-0726	A 6 week workshop offering educational resources for seniors who are self-managing a chronic medical condition(s).	No charge

Program Name	Contact Information	Program Description	Fee
Healthier Lifestyle Mentor Project	Broome County Council of Churches Faith in Action Volunteers 724-9130 ext. – 314	A trained mentor will provide individual nutritional counseling (materials include nutrition, exercise, health or smoking risks.) For homebound seniors.	No charge
Southern Tier Healthy Living Partnership	Broome County Health Department 778-3927 www.gobroomecounty.com/hd/	Educational resources for living a healthy life style in Broome County.	No charge
Nurse Direct	United Health Services 763-5555 www.uhs.net/nursedirect/	Have a health question or need a referral to a physician? Call Nurse Direct. They can also provide up to date reliable medical information that’s free and confidential.	No charge
Stay Healthy Seniors	United Health Services Stay Healthy Center 763-6383	This program promotes healthy aging through a wide range of wellness programs and classes. Includes free health risk assessments.	No charge
Can-Do-Its	Northern Broome Senior Center 692-3405 www.northernbroomeseniors.org/	Educational resources for living a healthy and active life style.	No charge
Caregiver Education Sessions & Retreats	Broome County Office for Aging 778-2411	Call for information on specific sessions.	Varies
Tobacco Free Broome	Broome County Health Department 778-3927 www.tobaccofreebt.org	Smoking Cessation kits are available to assist you in beginning the process of quitting smoking. In addition, a CD on “How to Stop Smoking in 5 Easy Lessons” is available on loan.	No charge

Program Name	Contact Information	Program Description	Fee
Active Choices	Retired & Senior Volunteer Program/RSVP 231-0726	A telephone based program for seniors wanting to increase their activity levels. Motivation coaches make the calls.	No charge
American Lung Association	Syracuse – 315-593-2488	Call for additional educational material.	No charge
American Heart Association	723-0208 www.americanheart.org	Call for additional educational material.	No charge
Diabetes Management	United Health Services Wilson Memorial Regional Medical Center 763-6092 www.uhs.net	Diabetes education and self-management groups for insulin administration, insulin pump management, self monitoring and meal planning.	Most insurance plans cover the sessions.
Diabetes Education	Lourdes Hospital 772-6263 www.lourdes.com	Inpatient and Outpatient services to provide a coordinated approach to diabetes care. Dietitians, clinical nurse specialists and certified diabetes educators collaborate with your physician to tailor an educational package that includes information on survival skills, monitoring, meal planning, insulin and oral medications.	Most insurance plans cover the educational sessions.
Southern Tier Diabetes Coalition	Broome County Health Department 778-3927 www.gobroomecounty.com/hd/	Educational materials available.	No charge
For the Health of It	Cornell Cooperative Extension www.media.cce.cornell.edu/hosts/counties/broome/	Nutrition Program	No charge



Screenings

Program Name	Contact Information	Program Description	Fee
Mission in Motion	Lourdes Hospital 798-5181 www.lourdes.com	The Mission in Motion vans travel throughout Broome County offering numerous health services including cancer screenings, health promotion and disease prevention, physical examinations and cholesterol testing.	Cost as needed
Healthy Living Partnership	Broome County Health Department 779-3927 www.gobroomecounty.com/hd/	Variety of health and fitness screenings.	No charge