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Obesity and Diabetes Prevention Program for Caregivers of Adolescent Girls Comes to Ellenville

Start 2009 with a program to assist you in keeping those New Years resolutions! The Community Heart Health Coalition and Cornell Cooperative Extension of Ulster County announce the start of BodyWorks on Wednesday, January 7, 2009 from 6:00pm to 8:00pm at the Ellenville Public Library, located at 40 Center Street in Ellenville, NY. The group will meet for seven Wednesdays thereafter and end on February 25, 2009. Developed by the U.S. Department of Health and Human Services Office on Womens Health, the BodyWorks program focuses on helping girls ages 9 to 13 and their families, create healthier lifestyles and gives you tools to protect your family from obesity and diabetes type II.

The program is free of charge. A \$20 deposit is required at the time of registration that will be refunded upon completion of the program. After the first workshop adolescent girls will be invited to attend selected programs.

All adult enrollees will receive a BodyWorks toolkit which serves as a guide to creating an overall healthy lifestyle. It includes a video on healthy shopping and cooking strategies, a recipe book, food and fitness journals, a weekly meal planner refrigerator magnet and more! Light refreshments are provided at the workshops.

For more information or to register contact the facilitators, Kristen Wilson at 845-340-3990 or kew67@cornell.edu or Marge Gagnon at 845-691-7984 or RWCSRC@aol.com

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