

# 2019

## SPRING INTO HEALTH COMMUNITY HEALTH FAIR

SATURDAY

**March 23rd**

**10 am – 3 pm**

**Conkling Hall**

8 Methodist Hill Rd.  
Rensselaerville

*FREE!  
Open to  
the public!*

*Health Vendors • Free Raffles  
Demonstrations • Workshops*

**SPONSORED BY**

**Berne Public Library • Middleburgh Library • Rensselaerville Library**

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## Today's Health Program Sponsored by *Library Moon Walk*

ASK A LIBRARIAN FOR MORE INFO!



Thanks for being here! We'd like to take a minute to provide a little information about some really exciting health initiatives happening in regional libraries, and the Library Moon Walk Challenge. The Mohawk Valley, Southern Adirondack, and Upper Hudson Library Systems are collaborating on a wellness project to get all of our communities up and moving--and focused on taking control of our health. This project is funded by the National Network of Libraries of Medicine.



<https://medlineplus.gov/>

It's important to us that you connect with high quality health information. There is more information available than ever about health and wellness issues online, but it is not all created equal. Did

you know that the National Library of Medicine has a great, easy to understand, and reliable online resource that is free to use? We're encouraging everyone to research their family health history, attend some fantastic health and wellness programs in libraries across our ten counties in the Capital District; and check out the health information resources that are available for free via the National Library of Medicine.



MedlinePlus is a website designed for patients and their families and friends. You can use it to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of specific terms, and even view medical videos. You can also get links to the latest medical research or find out about clinical trials on specific diseases or conditions. All information on MedlinePlus is reliable, authoritative, and up-to-date, available in many languages, and there is no advertising. All this is to say, it's a librarian's dream resource! There are too many cool features to cover right now, so be sure to ask a librarian for more info at your convenience, and visit [medlineplus.gov](http://medlineplus.gov) to check it out. And don't forget that any information you find online or provided to you by the library should always be reviewed with a healthcare professional.

## Family Health History

"Families [often] have many factors in common, including their genes, environment, and lifestyle.

Looking at these factors can help you figure out whether you have a higher risk for certain health problems, such as heart disease, stroke, and cancer."



<https://medlineplus.gov/familyhistory.html>



We're encouraging everyone to delve into their family health histories. Why? Many health problems tend to run in families. By creating a family health history, we can learn more about possible health risks. Go to [medlineplus.gov/family history](https://medlineplus.gov/familyhistory.html) for more information, and to take proactive steps to ensure your health.



It's hard for many of us to stay active and create positive health habits, but every journey begins with a single step. In our Library Moon Walk challenge, our goal is to collectively log enough miles, steps, or minutes of exercise to get to the moon—a 238,900-mile trip, but with ten counties participating, we think we can do it. Whether you walked 1,000 steps or took a 45-minute Zumba class, go to [librarymoonwalk.sals.edu](https://librarymoonwalk.sals.edu) and log your distance or time and we will see how far we can go together. Thank you for letting us share this information about MedLinePlus and the Moon Walk!

# VENDORS

Albany County Department of Health

Albany County Sherriff's Office

Alzheimer's Association

Bassett Health

Berkshire Farm

Berne Public Library

Cancer Services Program of Albany County

CDPHP

Energy Healing and Mindfulness

Foothills Yogayurveda - Sarah Nelson Weiss

Huyck Preserve

Insight Meditation

Library Moon Walk Program

Middleburgh Library

New Harmony Wellness Center

Rensselaerville Trail Run/Walk

Smoking Cessation (Bassett Health)

Peaceful Valley Reiki

Raven Crest Botanicals

Rensselaerville Library

Tai Chi with Earl O'Bryan

The Body Fixx Health and Fitness

Thrive by Lev-el

# WORKSHOPS

## **10:00-10:45AM An Introduction to Insight Meditation with Jack King**

Insight meditation is the simple practice of using the breath to learn awareness and mindfulness. It is a method to teach yourself to pay better, calm attention to how things are, without the filters of “I want more of this, and less of that.” We learn to sit quietly, supported by others; to allow understanding and compassion to arise; to encourage loving-kindness and patience. By your own effort, and with others, through study, reflection, and practice, you can be happy, free, and peaceful whatever the conditions of your life are. There are no costs, obligations, or creeds.

## **11:00-11:45AM Restorative Breath and Movement for Everybody with Dian Ryan**

Dian will be teaching both chair and standing postures that can be easily practiced during work and leisure time.

## **12:00-12:45PM Lymph - let's get it moving! with Joy from New Harmony**

Lymph, what is it, the job it does, symptoms of when it's not working properly and how to get it moving.

## **1:00-1:45PM DETOX IN HARMONY - Herbs and Foods to Rejuvenate your Being with Raven Crest Botanicals**

Get ready for spring! Susanna Raeven from Raven Crest Botanicals will share herbs, foods, lifestyles and recipes to jumpstart your very own detox process after a long winter hibernation. Learn about different types of detoxing cleanses and explore herbs to support and invigorate the liver, enliven the lymphatic system, improve digestion and clear your skin.

# WORKSHOPS Continued

## **2:00-2:45PM Zumba with The Body Fixx Health & Fitness**

Zumba is an exercise fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.

### **Special Opportunity**

**11:00AM & 1:00PM**

**Narcan Training provided by Albany County Sheriff's Office**

Please register for a specific time at their table.



Be sure to log your distance at  
<https://librarymoonwalk.sals.edu/> or  
 scan the code with your phone



Curious about other health related  
 programs? Visit the calendar at  
[https://librarymoonwalk.sals.edu/  
 calendar/](https://librarymoonwalk.sals.edu/calendar/) or scan the code with your  
 phone



# Your Libraries



## **Berne Public Library**

1763 Helderberg Trail  
Berne, New York 12023  
Phone: (518) 872-1246

### **Hours**

Monday	2PM – 8PM
Tuesday	10AM – 8PM
Wednesday	Noon – 8PM
Thursday	2pm – 8PM
Friday	2PM – 6PM
Saturday	9AM – 3PM
Sunday	Closed

[www.bernepubliclibrary.org](http://www.bernepubliclibrary.org)



## **Middleburgh Library**

323 Main Street  
PO Box 670  
Middleburgh, New York 12122  
Phone: (518) 827-5142

### **Hours**

Monday	1:30 - 8:30
Tuesday	10:00 - 8:30
Wednesday	10:00 - 5:00
Thursday	10:00 - 8:30
Friday	Closed
Saturday	9:00 - 2:00
Sunday	Closed

[www.middleburghlibrary.info](http://www.middleburghlibrary.info)



## **Rensselaerville Library**

1459 County Route 351  
Rensselaerville, NY 12147  
Phone: 518.797.3949  
Fax: 518.797.5211

### **New Hours 4/2/19**

Tuesday	10-1pm & 3-8pm
Wednesday	10-1pm & 3-6pm
Thursday	10-1pm & 3-8pm
Friday	3-7pm
Saturday	10-2pm
	Closed

Sunday, Monday and Holidays

[www.rensselaervillelibrary.org](http://www.rensselaervillelibrary.org)

A special thanks to Conkling Hall for the use of the facility for this program. To see upcoming events visit [www.facebook.com/conklinghall](http://www.facebook.com/conklinghall)