



2016 "Be Fit NNY"

Carthage Area Hospital is partnering with Salmon Run Mall and 7news/Fox28 once again for their "**Be Fit NNY**," Program for 2016.

The event will be held the 3rd Friday of each month from noon to 2 p.m. beginning February 2016 near the Gander Mountain Court area at the head of Food Court.

Listed below is the tentative schedule for BeFit NNY

(please note dates and times are subject to change)

All BeFit NNY monthly events are open to the public and free of charge, no appointments necessary.

February 19, 2016: School-Based Health

Have children at Carthage Middle School, High School, or at Beaver River? Enroll your child in our School Based Health Program.

Three school based health clinics through Carthage Area Hospital are located in the Carthage Middle School, the Carthage High School and in the Beaver River School. Each of the school based health clinics is open and operational during regular school hours.

Each of our three clinics are staffed with a Licensed Practical Nurse and either a Physician, a Nurse Practitioner and/or a Physician Assistant. At both of the Carthage School locations, there is also Licensed Social Worker to provide behavioral health services. At Beaver River, referrals can be made through the clinic for appropriate behavioral health services.

Services offered at the clinics: all primary health care needs, immunizations, physicals (both sports and camp), allergy injections, and regular sick visits (parents may accompany their child at the clinic). Students can also receive over the counter medications such as Tylenol, TUMS, etc. Referrals for nutritional counseling are also available through each of the three clinics.

Students enrolled in the school based health clinic may receive any of these services at any time during the school day, without any payment. Insurances will be billed, when available, to help cover costs, but there is no out of pocket expenses. Any lab or x-ray orders from the school based health centers, done at an outside facility are subject to a charge. A grant from New York State assists with the cost of this program. Clinics are located inside the school's nurse's office. Learn more about these clinics today!

March 18, 2016: National Nutrition Month

A Registered Dietician from Carthage Area Hospital will be on hand to answer any questions regarding nutrition. There will also be information on the free Diabetes Education Program.

Carthage Area Hospital's team of Registered Dietitians (RD) guide patients in living a healthy lifestyle. They offer a personalized approach to meet patients' individual nutrition needs, and create eating plans that are easy to follow and monitor.

Registered Dietitians (RD) are food and nutrition experts who provide Medical Nutrition Therapy (MNT) and nutrition education for a variety of medical conditions, including:

Diabetes (Type I & II)	Immunocompromise
Renal Disease	Food Allergies
Cardiovascular Diseases	HIV/AIDS
Pulmonary Disease	Pediatrics
Weight Management	Nutritional Support (oral, enteral, parenteral)
Overweight/Obesity	Gastrointestinal Disorders
Bariatric Surgery	Celiac Disease
Eating Disorders	Crohn's Disease
Oncology	General Wellness and Prevention
Women's Health	
Pregnancy	

April 15, 2016: Sleep Center & Sleep Disorders

A member from Franciscan Companies will be at the Mall to discuss our Sleep Center and Sleep Disorders.

Carthage Area Hospital is proud to operate a full-service sleep center. Carthage Area Hospital Sleep Center offers sleep studies four nights a week and staffs a dedicated team of clinicians and sleep disorder experts. The state-of-the-art sleep center was built in 2013 and boasts the newest technology in a comfortable, North Country atmosphere. Sleep Studies are recommended for those with Sleep Apnea, Insomnia, Snoring, and other Sleep Disorders.

May 20, 2016: Behavioral Health and Wellness

A Social Worker or Health Counselor will be on hand to discuss a variety of behavioral health questions such as anxiety, depression, etc.) and assist guests with various emotional and psychiatric problems.

The Carthage Area Behavioral Health Center, operated by Carthage Area Hospital, is designed to assist people with various emotional and psychiatric problems. We are located at 3 Bridge St. in the Carthage Area Hospital Professional Building.

June 17, 2016: Family Practice

Don't have a Primary Care Doctor or want to switch Providers? Chat with our Carthage Family Health Center Staff to discuss the importance of having a health care provider and all the services the clinic provides.

The Carthage Family Health Center offers a full range of healthcare services for newborns, children, and adolescents.

July 15, 2016

To Be Announced

August 19, 2015: School Based Health

Have children at Carthage Middle School, High School, or at Beaver River? Enroll your child in our School Based Health Program.

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September 16, 2016: Pediatrics

Don't have a Primary Care Doctor for your child or want to switch Providers? Chat with our Carthage Family Health Center Staff to discuss the importance of having a health care provider and all the services the clinic provides.

The Carthage Family Health Center offers a full range of healthcare services for newborns, children, and adolescents.

October 21, 2016: October is Breast Cancer Awareness Month

Our Staff from our OBGYN Clinic, Women's Way to Wellness will be on hand to answer any questions regarding breast cancer and other women's health issues.

Breast cancer is the most common cancer among women in the United States (other than skin cancer). But millions of women are surviving the disease thanks in part to early detection and improvements in treatment.

NOTE: the American Red Cross will also hold a Blood Drive in Bon Ton Court from 11:30 a.m. to 4:30 p.m. on this day. To register for the Blood Drive call 1-800-REDCROSS.

November 18, 2016: Registered Dietician

A Registered Dietician from Carthage Area Hospital will be on hand to answer any questions regarding nutrition. There will also be information on the free Diabetes Education Program.

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Bariatric Surgery	Celiac Disease
Eating Disorders	Crohn's Disease
Oncology	General Wellness and Prevention
Women's Health	
Pregnancy	

December 16, 2016: Stress During the Holidays

It's a tough time of year and you're bound to get stressful. Stop by to learn how to relieve stress during the holidays, as well as holistic care options.