

Your Wellness and Discount Guide



healthy changes
everything.

Exclusive Benefits Just for Members of
BlueCross BlueShield of Western New York



BlueCross BlueShield
of Western New York

contact us

If you have questions, we're here to help.



www.bcbswny.com



For more information please contact
the customer service number on the
back of your member ID card

Stay healthy. Save money.

At BlueCross BlueShield of Western New York, we're always looking for ways to enhance your health care experience, as well as your everyday life. That's why we're pleased to provide you with this Wellness and Discount Guide. It's filled with information on wellness plan benefits as well as a wide range of savings available to you as a BlueCross BlueShield member.



Table of Contents

Community Wellness Programs*

Your BlueCross BlueShield membership includes access to \$0 copay educational seminars to help you become your healthiest. Our health professionals provide the most up-to-date information to keep you in the know.

learn, refresh, and be healthy.

Arthritis	7	Kidney Disease	14
Asthma	7	Maternal and Infant Health	14
Blood Pressure	7	Mind and Mood	16
Children and Adolescents	8	Nutrition and Weight	17
Exercise and Nutrition		Osteoporosis	20
Cholesterol and Heart Disease	8	Smoking Cessation	21
Diabetes and Pre-Diabetes	10	Women and Men's Health	22
Healthy Lifestyles, Injury Prevention, and Self Care	13		

Recreation and Fitness*

Our fitness experts help you keep moving. Classes are designed for all ages and abilities. Whether you want to meet a fitness goal, or just have fun, there's a program for you. *make friends, laugh, and be healthy.*

Aerobics and Fitness	25	Special Needs Dance Classes	29
Arthritis Exercise	27	Swim and Aquatic	29
Cardiopulmonary Fitness	28	Tai Chi	30
Pilates	28	Yoga, Meditation, and Stress Relief	31

Exclusive Member Discounts*

We know that making ends meet can be a challenge. That's why we offer a variety of discounts exclusive to our members. *get what you need at an affordable price.*

Child and Family Fitness	35	Lifeline	42
Diet and Lifestyle	36	Medical Equipment	43
Fitness Centers, Gyms, and Pools	36	Safety	43
Fitness Equipment	42	Yoga, Pilates, and Tai Chi	43
Golfwell Injury Prevention	42	Vision Discounts	45
Karate, Kung Fu, and Kick Boxing	42		

*Some exceptions may apply on discounts available to members; please call the number on the back of your member ID card if you have questions on benefits or discounts. 10% discount on regular priced merchandise at the Buffalo Bills and Buffalo Sabres stores; some restrictions apply to discounts and discounts are not valid with other promotions. To receive discounts, the cardholder must present a valid card at the time of purchase and only the cardholder named on the valid card shall be entitled to obtain the discount. Discounts valid as of 1/13/12 and subject to change without notice. A division of HealthNow New York, an independent licensee of the BlueCross BlueShield Association.

A black and white photograph of a woman walking a dog on a dirt path. The woman is smiling and looking towards the camera. She is wearing a white V-neck t-shirt, dark jeans with a large belt buckle, and sneakers. She is holding a leash in her left hand. The dog is a light-colored, slender breed, possibly a Weimaraner, and is looking to the left. The path is surrounded by trees and bushes. A teal-colored rectangular overlay is positioned over the woman's torso, containing the text "Walk with a friend." in white.

Walk with a friend.

Community Wellness Programs*

At BlueCross BlueShield of Western New York, we want to help you lead a healthy life. One way we do this is by offering a variety of educational seminars throughout the community. Enjoy one class from each of the following categories (per year) at no cost.

Arthritis

VARIOUS LOCATIONS

Arthritis Foundation
(800) 870-1771
cpegado@arthritis.org

Call or email for information on class locations and times.

Taking Control of Arthritis

Learn the skills necessary to control the symptoms of arthritis. Topics include exercise, diet, pain management, medications, and more. (Three 2-hour sessions)

Asthma

ALLEGANY COUNTY

**Cuba Memorial Hospital
Cardiopulmonary Center**
140 W. Main St.
Cuba, NY 14727
(585) 968-2000, ext. 213

Call for information about class schedule.

Breathe Easy

This class helps adults learn ways to better manage their asthma symptoms, and how to safely engage in physical activity. (Four 1-hour sessions)

ERIE COUNTY

Complete Homecare
60 Broad St.
Tonawanda, NY 14150
(716) 694-2253

Breathe Easy

The class offers patients with chronic breathing illness and their families valuable information about self-care, preventing complications, medications, nutrition and exercise. (Two 2-hour sessions)

NIAGARA COUNTY

Summit Pediatrics of Niagara Falls
(716) 298-1107

Call for information about class schedule.

Tools of Asthma

Blood Pressure

ERIE COUNTY

**Active Nutrition
Maria Weber, RD**
2238 Old Union Rd.
Cheektowaga, NY 14227
(716) 608-7697
office@activenutritionist.com
www.activenutritionist.com

Registration required. Call, email, or visit website to learn more about class schedule.

Drop Your Blood Pressure: Dietary Approaches to Stop Hypertension (DASH)

Learn how to reduce your blood pressure by understanding hidden sources of sodium in your diet. Learn how including certain foods can help get your blood pressure under control. (1 hour)

Community Wellness Programs (cont'd.)

Children and Adolescents Exercise and Nutrition

CATTARAUGUS COUNTY

Olean YMCA of Olean
(716) 373-2400

Call for class information, locations and times.

Preschool Sports Bug - Exercise Program
Preschool Swimming - Exercise Program
Youth Swimming - Exercise Program

CHAUTAUQUA COUNTY

Nutri Perx of Dunkirk
(716) 366-1012

Call for information on class locations and times.

Kids Cool Fuel

ERIE COUNTY

Active Nutrition of Cheektowaga
(716) 608-7697

Call for information on class locations and times.

*We Can! Ways to Enhance Children's
Activity and Nutrition*

American Health Publishing of Clarence
(716) 741-0177

Call for information on class locations and times.

Preschool Nutrition Basics

Bodyshaping by Sandy of Greater Buffalo
(716) 568-0246

Call for information on class locations and times.

Fit 4 Kids - Exercise Program

**Catholic Health System
Health Connection of Greater Buffalo**
(716) 447-6205

Call for information on class locations and times.

Shapedown - Kids Weight Management Program

Girls on the Run of Buffalo, Inc.
(716) 400-1019

Call for information on class locations and times.

Girls on the Run

Synergy Health and Fitness of Williamsville
(716) 565-3991

Call for information on class locations and times.

*Synergy Juniors Exercise and Nutrition:
Weight management Program*

The M.O.G. Inc. of Grand Island
(716) 773-1600

Call for information on class locations and times.

*M.O.G. Kidz Fitness and Nutrition:
Weight Management Program*

YMCA of Buffalo Niagara
(716) 276-5985

Call for information on class locations and times.

*Growing Up Fit:
Weight Management Program*

NIAGARA COUNTY

Mt. St. Mary's Hospital and Health Center
(716) 298-2297

Call for information on class locations and times.

Shapedown - Kids Weight Management Program

Cholesterol and Heart Disease

ERIE COUNTY

**Active Nutrition
Maria Weber, RD**
2238 Old Union Rd.
Cheektowaga, NY 14227
(716) 608-7697
office@activenutritionist.com
www.activenutritionist.com

Registration required. Call, email, or visit website to learn more about class schedule.

Lower Your Cholesterol with Therapeutic Lifestyle Change

Learn how changes in diet, physical activity, and weight can help to control your cholesterol. (1 hour)

Bridge to Wellness

(716) 297-8091

holisticnursephd@msn.com

Call or email to find out class locations and times.

Healthy Heart: Preventing or Reversing Coronary Heart Disease

Reduce your risk factors for coronary heart disease by following an individually tailored regimen. Program covers conventional medical treatments and integrative healthcare, such as nutrition, heart-healthy recipes, music, laughter therapy, meditation, and stress reduction techniques. (One 8-hour session or two 4-hour sessions)

Catholic Health System (Kenmore Mercy Hospital, Mercy Hospital, Sister's Hospital, and St. Joseph's Campus)

Multiple Locations

(716) 447-6205

www.chsbuffalo.org

Please call or visit website for locations, registration requirements, and class schedules.

Have a Heart/Reduce Your Risk Factors

Learn what lifestyle and behavioral changes you can make to reduce your risk for cardiovascular disease. (1 hour)

NIAGARA COUNTY

Mt. St. Mary's Hospital and Health Center

5300 Military Rd.

Lewiston, NY 14092

(716) 298-2297

Call for more information and to register.

Recipe for a Healthy Heart

Learn about cholesterol and how to make healthier, tasty food choices. Class concludes with a cooking demonstration. (2 hours)

Bridge to Wellness

(716) 297-8091

holisticnursephd@msn.com

Call or email to find out class locations and times.

Healthy Heart: Preventing or Reversing Coronary Heart Disease

Reduce your risk factors for coronary heart disease by following an individually tailored regimen. Program covers conventional medical treatments and integrative healthcare, such as nutrition, heart healthy recipes, music, laughter therapy, meditation, and stress reduction techniques. (One 8-hour session or two 4-hour sessions)

Heart Center of Niagara Falls

Memorial Medical Center

621 10th St.

Niagara Falls, NY 14302

(716) 278-4019

Call to schedule initial appointment.

Cardiopulmonary Rehabilitation Fitness Program

M.D. referral required for this program. This program helps participants safely increase their physical activity level. Participants will be closely monitored during exercise and will receive a post program evaluation.

ORLEANS COUNTY

Orleans Community Health

Wellness Department

415 West Ave.

Medina, NY 14103

(585) 798-6641

www.medinamemorial.org

Registration required. Call, or visit website, to find out more about class schedules and how to register.

Understanding Cholesterol

Learn what cholesterol is and how you can reduce your bad cholesterol and increase your good cholesterol through proper diet and physical activity. (1 hour)

Community Wellness Programs (cont'd.)

Diabetes and Pre-diabetes

ALLEGANY COUNTY

Jones Memorial Hospital

191 N. Main St.
Wellsville, NY 14895
(585) 596-4035
www.jmhny.org

For information on class times and schedules, and to register call or visit website.

Diabetes Management: Living Your Life with Diabetes

Receive instruction on all aspects of diabetes management, including healthy eating, monitoring blood glucose, medication options, and long-term complications. (Four 2-hour sessions)

CATTARAUGUS COUNTY

Olean General Hospital

515 Main St.
Olean, NY 14760
(716) 375-4127

Call for more information and to register.

Diabetes Education

Covers all aspects of diabetes management and is recognized by the American Diabetes Association for people newly diagnosed with diabetes. (Four 3-hour sessions)

CHAUTAUQUA COUNTY

WCA Hospital

110 Mall Blvd.
Lakewood, NY 14750
(716) 763-2079

Please call the Diabetes Education Secretary at the number provided to register and for information about class schedule.

Diabetes Education

Comprehensive program covers all aspects of diabetes management for people newly diagnosed with diabetes. This program is followed by an individual appointment to review knowledge/skills learned and to develop a specialized plan to meet your personal goals.

(Two 2-hour sessions)

Westfield Memorial Hospital

Kim Greiner, RD

189 E. Main St.
Westfield, NY 14787
(716) 793-2222

Registration required. Please call for information about scheduling and registration.

Diabetes Management

Education for individuals and families to more effectively manage diabetes on a daily and long-term basis. Learn how to make healthy food choices, control glucose levels, and lead a full life. (Two 2-hour sessions)

ERIE COUNTY

Active Nutrition

Maria Weber, RD

2238 Old Union Rd.
Cheektowaga, NY 14227
(716) 608-7697
office@activenutritionist.com
www.activenutritionist.com

Registration required. Call, email, or visit website to learn more about class schedules and to register.

Pre-Diabetes: Small Steps. Big Rewards.

Stop a pre-diabetic diagnosis from becoming full-blown diabetes. Take control of your health and avoid diabetes. (1 hour)

Manage Your Diabetes: Understanding Carbohydrates

Understand how foods, particularly carbohydrates, affect your blood sugar. Learn how meal timing can help you better manage your blood sugar throughout the day. (1 hour)

Bertrand Chaffee Hospital

222-224 E. Main St.
Springville, NY 14141
(716) 592-2871, ext. 1489

Call to register.

Living Well With Diabetes

Learn about the general impact of foods in relation to glucose control, meal planning, and individualized meal plan shopping. (Two 2-hour sessions)

Catholic Health System
(Kenmore Mercy Hospital, Mercy Hospital, Sisters Hospital, and St. Joseph's Campus)
Multiple Locations
(716) 447-6205
www.chsbuffalo.org

Please call or visit website for locations, registration requirements, and class schedules.

Diabetes Self-Management Education
Control your blood sugar and live a healthy life through meal planning, exercise, medication, and blood sugar monitoring. (Three 2-hour sessions)

Millard Fillmore Gates Hospital
3 Gates Cir.
Buffalo, NY 14209

Millard Fillmore Suburban
1540 Maple Rd.
Amherst, NY 14221
(716) 887-4935

Call to obtain class information for either site.

Diabetes Management Program
Designed for adults with diabetes and their families. Build self-management skills through nutrition, exercise, medications, and home monitoring. (Three 2-hour sessions)

Propel Health, LLC
P.O. Box 543
West Seneca, NY 14224
(716) 608-3110

Call for more information and to register for classes.

Intensive Diabetes Management
Learn skills necessary to prevent complications by achieving glucose control, reducing blood pressure, cholesterol, and weight. (Six 2-hour sessions)

Savings for Health: Access to Online Nutrition Site

Savings for Health is a self-care program that provides people at risk for diabetes or those with diabetes, heart disease or obesity the tools to live a healthier lifestyle. Includes three one-on-one evaluations with a registered dietitian and/or a certified diabetes educator.

YMCA Buffalo Niagara
(716) 565-6000, ext. 115
wellness@ymcabuffaloniagara.org
www.ymcabuffaloniagara.org

Call or email to register. Classes offered at multiple locations throughout the Buffalo/Niagara area. Visit the YMCA website, or call to find the location nearest you.

Diabetes Prevention Program
Designed specifically for individuals with pre-diabetes. You establish personal wellness goals and receive the guidance, support, and information needed to improve your overall health and wellness. Physician referral required. (16 1-hour sessions)

GENESEE COUNTY

United Memorial Medical Center
Cary Building
211 E. Main St.
Batavia, NY 14020
(585) 344-5331
www.ummc.org

Pre-class interview required. Spouses or partners welcome. To register or to find out more about class time, please call or visit the website.

Living Healthy with Diabetes
Comprehensive program designed to help people with diabetes live a healthy and active life. Topics include: nutrition, medications, monitoring, exercise, stress management, problem solving, and goal setting. (Four 2-hour and 30-minute sessions)

Community Wellness Programs (cont'd.)

MONROE COUNTY

Lakeside Family Program
Lakeside Memorial Hospital
156 West Ave.
Brockport, NY 14420
(585) 395-6095
amy.stacy@lakesidehealth.org
www.lakesidehealth.org

Registration required. Call, email, or visit website to find out more about class schedule.

Diabetes Education Class
Comprehensive education program that covers all aspects of diabetes management and is recognized by the American Diabetes Association for people newly diagnosed with diabetes. (Five 2-hour sessions)

NIAGARA COUNTY

Eastern Niagara Hospital – Lockport
521 East Ave.
Lockport, NY 14094
(716) 514-5580

Call to obtain class schedule or register.

Diabetes Management
Includes disease management, glucometer testing, medications, exercise, individualized diet plans, menus, food preparation, foot and eye care, healthy heart tips, and lifestyle modifications. (Four 2-hour sessions)

Eastern Niagara Hospital – Newfane
2600 William St.
Newfane, NY 14108
(716) 778-5071, ext. 501

Call to obtain class schedule or register.

Diabetes Management
Diabetes class includes disease management, glucometer testing, medications, exercise, and individualized diet plans. (4 hours)

**The McLaughlin Center
of DeGraff Memorial Hospital**
445 Tremont St.
N. Tonawanda, NY 14120
(716) 690-2088

Call for class information.

Diabetes Management Program
Designed for adults with diabetes and their families. Build self-management skills through nutrition, exercise, medications, and home monitoring. (Three 2-hour sessions)

Mt. St. Mary's Hospital and Health Center
5300 Military Rd.
Lewiston, NY 14092
(716) 298-2297

Call for more information and to register.

Diabetes Education Program
Manage your diabetes more effectively. Learn about basic physiology, the importance of exercise, diet/meal planning, complications, hypoglycemia, hyperglycemia, and medications. (Three 3-hour sessions)

Pre-Diabetes
Diabetes risk factors are discussed, such as being overweight, family history, being 45 years of age or older, and having slightly elevated blood sugar levels. Learn how eating healthier and being physically active may reduce your risk of diabetes. (Three 90-minute sessions)

Niagara Falls Memorial Medical Center
621 10th St.
Niagara Falls, NY 14302

To register, or find out class times, call Karen Gentile, RD at (716) 278-4102 or email karen.gentile@nfmcc.org.

Living with Diabetes
Learn key concepts about diabetes and get practical information for daily living to help you more effectively manage your condition and overall health. (Four 2 ½-hour sessions)

ORLEANS COUNTY

Orleans Community Health Wellness Department

415 West Ave.
Medina, NY 14103
(585) 798-6641
www.medinamemorial.org

Registration required. Call or visit website to find out more about class schedules and how to register.

Basic Diabetes

Manage diabetes more effectively. Topics include basic physiology, the importance of exercise, diet/meal planning, complications, hypoglycemia, hyperglycemia, and medications. (2 hours)

Living With Diabetes

A general overview of diabetes that includes exercise, diet, vision, stress management, complications, and a supermarket tour. (Four 3-hour sessions)

Pre-Diabetes Education

Learn what pre-diabetes is, who is at risk, and how type 2 diabetes may be prevented through proper nutrition and physical activity. (2 hours)

Healthy Lifestyles, Injury Prevention, and Self-Care

CATTARAUGUS COUNTY

Olean YMCA

1101 Wayne St.
Olean, NY 14760
(716) 373-2400
www.oleanymca.org

Registration required. Call or visit website for class schedule.

Lifestyle Assessment

This assessment helps participants to identify potential health risks, assist in making important health choices and help them decide which programs may be appropriate for their individual needs. (1 hour)

ERIE COUNTY

Buffalo Athletic Club

Downtown Buffalo (716) 845-6660
Eastern Hills of Williamsville (716) 631-3800
French Road of Depew (716) 656-9999
Southtowns of Orchard Park (716) 675-9353
Suburban of Amherst (716) 833-5226
Tonawanda (716) 348-3755

Please call to register.

The Power to Move

This class will increase participants understanding of the components and health benefits of fitness including heart health, muscular strength and flexibility. They will learn how to set safe, realistic goals and incorporate strategies to stay motivated and committed to a healthy, active lifestyle. (90 minutes)

Catholic Health System

(Kenmore Mercy Hospital, Mercy Hospital,
Sisters Hospital, and St. Joseph's Campus)

Multiple Locations
(716) 447-6205
www.chsbuffalo.org

Please call or visit website for locations, registration requirements, and class schedules.

Self-Care

Participants learn how to protect their health, save time and money, prevent disease, navigate the medical care system, make informed health decisions, use medications wisely, respond in an emergency and how to effectively deal with common medical problems. (1 hour)

Erie County Department of Senior Services

(716) 858-2177
caregiver@erie.gov
www.erie.gov/depts/seniorservices

Registration required. Please call, email, or visit website find out more about class schedule.

Community Wellness Programs (cont'd.)

Powerful Tools for Caregivers

A six-week educational program designed to provide caregivers the tools needed for taking care of themselves. The program is designed to assist caregivers with reducing stress, improving self-confidence, better communication skills and information on how to locate appropriate resources. (Six 2 ½-hour sessions)

NIAGARA COUNTY

The McLaughlin Center of DeGraff Memorial Hospital

445 Tremont St.
N. Tonawanda, NY 14120
(716) 690-2088

Call for class information.

Dine 'N Discover

This educational program allows seniors the opportunity to socialize and enjoy a healthy dinner while listening to a presentation by a health professional on a variety of wellness related topics. (Two 2-hour sessions)

The Breakfast Bunch

This educational program includes blood pressure checks, weight monitoring, a healthy continental breakfast and presentation by a health professional on a variety of wellness related topics. (Four 2-hour sessions)

ORLEANS COUNTY

Orleans Community Health Wellness Department

415 West Ave.
Medina, NY 14103
(585) 798-6641
www.medinamemorial.org

Registration required. Call or visit website to find out more about class schedule.

Safety Works

This fall prevention program is designed to help seniors identify factors in their lives that may put them at risk for falling and help them take steps to decrease that risk. (2 hours)

Self-Care

Participants learn how to protect their health, save time and money, prevent disease, navigate the medical care system, make informed health decisions, use medications wisely and respond in an emergency. (1 hour)

Kidney Disease

NIAGARA COUNTY

Mt. St. Mary's Hospital and Health Center

5300 Military Rd.
Lewiston, NY 14092
(716) 298-2297

Call for more information and to register.

Nutrition for Chronic Kidney Disease

This class helps participants more effectively manage the different aspects of a renal (kidney) diet. Menus will be distributed and the class will conclude with a cooking demonstration. (2 hours)

Maternal and Infant Health

CATTARAUGUS COUNTY

Olean General Hospital

(716) 375-6330

Call for more information and to register.

Prepared Childbirth

Olean Medical Group

(716) 376-2373

Call for more information and to register.

Birthing 101

CHAUTAUQUA COUNTY

Brooks Memorial Hospital

(716) 363-3085

Call for more information and to register.

Expectant Parent

Chautauqua Opportunities

(716) 483-3337

Call for more information and to register.

Newborn Care
Childbirth Class
Caring for Toddlers
Caring for Pre-Schoolers
Breastfeeding Basics
Advanced Breastfeeding
Infant Feeding
Children Feeding

WCA Services Corporation
(716) 664-8281

Call for more information and to register.

Breastfeeding
Cesarean Section
Prepared Childbirth
Prepared Childbirth Refresher
Sibling Class

ERIE COUNTY

American Health Publishing
(716) 741-0177

Call for more information and to register.

Growing a Healthy Baby

**Care Connection Lactation and
Wellness Center**
(716) 634-0300
(877) 639-0300

Call for more information and to register.

Return to Work/Pump for Success
The Happiest Baby
Prepared Childbirth Classes and/or Refresher
Breastfeeding 101

Catholic Health System
Health Connection of Greater Buffalo
(716) 447-6205

Call for more information and to register.

Gestational Diabetes
Baby Talk
Breastfeeding
Prepared Childbirth Classes and/or Refresher
Twinformation
Welcome Baby Sibling
Natural Family Planning

Children's Hospital
(716) 878-7342

Call for more information and to register.

Prepared Childbirth and/or Refresher Class
Sibling Class
VBAC - Vaginal Birth After Cesarean
Birth n' Babies
Baby Basics and Beyond
Birthing Basics
Breastfeeding

Epic with Baker Victory Services
(716) 332-4153

Call for more information and to register.

Ready, Set, Parent! Workshop Series
Ready, Set, Parent! Newborn Series

**Healing Waters LLC Center for Yoga,
Health and Mindful Living**
(716) 655-3924

Call for more information and to register.

Prenatal Yoga

**Kaleida Health's Millard Fillmore
Suburban Hospital of Williamsville**
(716) 568-3628

Call for more information and to register.

Prepared Childbirth and/or Refresher
Birth n' Babies
Breastfeeding
Sibling Class
VBAC - Vaginal Birth After Cesarean
Baby Basics and Beyond
Siblings at Birth

Community Wellness Programs (cont'd.)

GENESEE COUNTY

United Memorial Medical Center
(585) 344-5331

Call for more information and to register.

*Prepared Childbirth and/or Refresher
Breastfeeding and Beyond*

MONROE COUNTY

**Family Wellness Center of
Lakeside Memorial Hospital**
(585) 637-6044

Call for more information and to register.

Prepared Childbirth Class and/or Refresher

NIAGARA COUNTY

Eastern Niagara Hospital of Newfane
(716) 778-5071

Call for more information and to register.

*Bright Beginnings
Prenatal (ext. 268)*

Eastern Niagara Hospital of Lockport
(716) 514-5800 ext. 3800

Call for more information and to register.

*Prepared Childbirth and/or Refresher
Infant Safety
Sibling Class
Gestational Diabetes Class
Infant Feeding Choices*

Mt. St. Mary's Hospital
(716) 298-2385

Call for more information and to register.

*Natural Family Planning
Post Partum Breastfeeding Class
Grandparents in Waiting
Let's Celebrate Big Brother/Big Sister
Expectant Parent Class
Baby Massage
Expectant Parent Refresher Class
Nutrition During Pregnancy*

Niagara Falls Memorial Medical Center
(716) 278-4569

Call for more information and to register.

*Breastfeeding Class
La Leche League
Prenatal Class*

ORLEANS COUNTY

**Medina Memorial Hospital
Community Partners of Medina**
(585) 798-6641

Call for more information and to register.

*Prepared Childbirth and/or Refresher
Breastfeeding Basics*

Mind and Mood

ERIE COUNTY

Bodyshaping By Sandy
(716) 568-0248
BodyShapingBySandy@yahoo.com
www.bodyshapingbysandy.com

Registration required. Classes offered at a variety of locations. Please call, email, or visit website to find a class near you.

Relaxation and Stress Relief
Learn how to effectively manage your stress and become more creative, productive, and achieve clarity. (1 hour)

Peaceful State of Mind
Learn how to achieve mental clarity, relaxing the body and calming the mind through meditation. (1 hour)

Bridge to Wellness
(716) 297-8091
holisticnursephd@msn.com

Call or email to find out class locations and times.

Stress Buster
Mobilize your inner resources of mind and body for coping, growing, healing and for moving to greater levels of health and well-being. (One 8-hour session or two 4-hour sessions)

Catholic Health System
(Kenmore Mercy Hospital, Mercy Hospital,
Sisters Hospital, and St. Joseph's Campus)
Multiple Locations
(716) 447-6205
www.chsbuffalo.org

Please call or visit website for locations,
registration requirements, and class schedules.

Ten Secrets to Inner Peace

Learn new ways to cope with old problems
and tap into your inner resources to get life
back into balance. (1 hour)

Time Management

Discover effective time management strategies,
including setting personal goals, minimizing
distractions and setting priorities. (1 hour)

Women and Depression

Learn positive concentration skills, differentiating
the blues and the blahs, emotional control, and
utilizing healing feelings. (1 hour)

Buffalo General Hospital

100 High St.
Buffalo, NY 14203
(716) 859-1890

Coping with Everyday Stress

Identify causes, symptoms, and types of stress.
A variety of stress management and reduction
strategies will be discussed. (2 hours)

NIAGARA COUNTY

Bridge to Wellness

(716) 297-8091
holisticnursephd@msn.com

Call or email to find out class locations and times.

Stress Buster

Mobilize your inner resources of mind and body
for coping, growing, healing and for moving to
greater levels of health and well-being.
(One 8-hour session or two 4-hour sessions)

ORLEANS COUNTY

**Orleans Community Health
Wellness Department**

415 West Ave.
Medina, NY 14103
(585) 798-6641
www.medinamemorial.org

Registration required. Call or visit website to find
out more about class schedule.

Stress Management

Define and understand stress and develop
coping skills and stress reduction techniques
to effectively manage your stress level. (1 hour)

Nutrition and Weight

CHAUTAUQUA COUNTY

Nutri Perx

(716) 366-1012

Please call for class schedule and registration
requirements.

Choose to Lose

Learn how to eat healthy and lose weight, which
may help improve your cholesterol and high
blood levels and reduce your risk for diabetes.
(Eight 2-hour sessions)

Enhancing Food Flavor with Herbs and Spices

Low fat or low sodium food does not have to
be bland and boring. If you want to learn about
Dietary Approaches to Stop Hypertension
(DASH), this class is for you. (2 hours)

Fast Nutritious Meals

Learn how to shop and prepare healthful meals in
30 minutes or less. Class includes a demonstration
and recipes. (2 hours)

Fruit Fantasia

Learn about the benefits of fruits and vegetables
and their possible link to a reduced risk for conditions
such as heart disease and cancer. (2 hours)

Community Wellness Programs (cont'd.)

Holiday Eating Survival Guide

Eat healthy during the holidays. Learn how to plan and prepare for parties and how to substitute low fat/low cholesterol ingredients into traditional holiday fare. (2 hours)

Snack Attack

The next time you have a snack attack, see why it makes good sense to arm yourself with healthy, fiber-rich foods. (2 hours)

Feast or Salmon

Learn the benefits of eating fish and how to determine the correct portion size. Review new recipes, including those with fish high in Omega-3 fatty acids. (2 hours)

Move Toward a Plant-Based Diet

Learn the health benefits of consuming a primarily plant-based diet, rich in a variety of fruits and vegetables, legumes, and low in processed starchy staple foods. (2 hours)

WCA Hospital

110 Mall Blvd.
Lakewood, NY 14750
(716) 763-2079

Please call the Diabetes Education Secretary for information about a class schedule and to register.

Healthy Balance

Learn about nutrition labeling, controlling cholesterol, saturated fat, sodium, fitness, and behavior modification steps for weight loss. (Three 2-hour sessions)

Westfield Memorial Hospital

189 E. Main St.
Westfield, NY 14787
(716) 793-2222

Registration required. Please call for information about schedule and registration requirements.

The Weight to a Healthier You

Develop a personal meal and exercise plan to achieve realistic weight loss and improve your overall health. (Two 2-hour sessions)

ERIE COUNTY

Active Nutrition

Maria Weber, RD

2238 Old Union Rd.
Cheektowaga, NY 14227
(716) 608-7697
office@activenutritionist.com
www.activenutritionist.com

Registration required. Call, email, or visit website to learn more about class schedule.

Healthy Habits for Life: Guide to Healthy Living

A weight management program with a common sense approach. Make gradual permanent changes to your eating and activity habits. (Six 2-hour sessions)

Healthy "Fast Food" Not Drive-Thru

Find out how to eat healthy food when you're pressed for time or preparing food for one or two people. Avoid convenient foods that are high in fat, calories and sodium. (1 hour)

Snack Smart to Control Hunger

Snacking is an important part of healthy eating. Satisfy your hunger to avoid excess calories, and learn how to make the right choices without counting calories. (1 hour)

Hot Topics in Nutrition: Antioxidants, Probiotics, Phytonutrients, and more

Confused by nutrition recommendations on the news or Internet? Want to know the best way to eat nutritious foods? This class reviews today's hot topics and recommendations. (1 hour)

Common Sense to Food Safety

How long should you keep leftovers in the fridge? What temperature should food reach when cooked or reheated to avoid getting sick? This seminar will guide you to avoid getting food poisoning. (1 hour)

The Virtual Supermarket Tour

Ever wish you had your own personal dietitian to make food choices for you? We'll discuss meal planning, shopping lists, and food labels. We'll then take a "virtual tour" to help you navigate the supermarket like a pro. (1 hour)

Creating a Healthy Kitchen

Learn how to stock your kitchen with the healthiest ingredients available and ways to incorporate healthy food into your meals. (1 hour)

Supermarket Shopping and Meal Planning Solutions

We'll focus on eating healthy, creating shopping lists, and reading food labels. We'll also take a "guided supermarket tour" where you will be able to use your label-reading skills. (Two 2-hour sessions)

Mindful Eating

Become aware of the difference between physical and emotional hunger. Develop skills to monitor the subtle signals your body sends to help develop healthy eating habits. (1 hour)

Brain Food to Keep Your Mind Strong

Learn how nutrition can help you keep your mind strong. (1 hour)

Bodyshaping By Sandy

(716) 568-0248

BodyShapingBySandy@yahoo.com

www.bodyshapingbysandy.com

Classes offered at a variety of locations. Please call, email, or visit website to register and find a class near you.

Eat Smart

Choose nutritious food to match your needs, lifestyle, and personal preferences. (1 hour)

Bridge to Wellness

(716) 297-8091

holisticnursephd@msn.com

Call or email to find out class locations and times.

Battle of the Bulge: A Mind-Body Approach to Permanent Weight Loss

Learn the ten keys to permanent weight loss while enjoying life. You will create a lifelong plan of action for permanent weight loss and maintenance that's fun and easy. (One 8-hour session or two 4-hour sessions)

Join the Wellness Revolution

Become an "educated health consumer" and arm yourself with the tools necessary for living a healthier life. (3 hours)

Supermarket Adventure

Learn how to navigate through a supermarket and make better food choices for a healthier lifestyle. (3 hours)

Catholic Health System

(Kenmore Mercy Hospital, Mercy Hospital, Sisters Hospital, and St. Joseph's Campus)

Multiple Locations

(716) 447-6205

www.chsbuffalo.org

Please call or visit website for locations, registration requirements, and class schedules.

Shapedown

A family-based, skill development and behavior modification intervention that addresses the food, activity, psychological and family systems issues that frequently underlie weight or eating problems. (Ten 1-hour sessions)

Tops Markets

www.topsmarkets.com

Tops Amherst

3980 Maple Rd.

Amherst, NY 14221

(716) 515-2000

Tops West Seneca

355 Orchard Park Rd.

West Seneca, NY 14224

(716) 517-3006

Registration required. To access class schedule, stop by participating Tops Markets and pick up a Cooking School calendar. Information also updated on the Tops Markets website.

Tops Cooking School

Information for beginners, fun classes for kids, great healthful cooking ideas, and amazing menus from chefs of the area's finest restaurants. (2 hours)

Community Wellness Programs (cont'd.)

YMCA Buffalo Niagara

(716) 565-6000, ext. 115
wellness@ymcabuffaloniagara.org
www.ymcabuffaloniagara.org

Call or email to register. Classes offered at multiple locations throughout the Buffalo/Niagara area. Visit the YMCA website, or call to find the location nearest you.

The Weight is Over

Presented by Barbara Bowen, MS, RD

A progressive nutrition education program guaranteed to change the way you view food. We'll help you choose foods to make and keep you healthy.
(Four 3-hour sessions)

MONROE COUNTY

Lakeside Family Program Lakeside Memorial Hospital

156 West Ave.
Brockport, NY 14420
(585) 395-6095
amy.stacy@lakesidehealth.org
www.lakesidehealth.org

Registration required. Call, email, or visit website to find out more about class schedule.

LIFESTEPS Weight Management

Learn how to change your eating and physical activity behaviors through nutrient needs and portion sizes. You'll also see the benefits of moderate physical activity and how to manage high-risk eating situations. (12 1-hour sessions)

NIAGARA COUNTY

Bridge to Wellness

(716) 297-8091
holisticnursephd@msn.com

Call or email to find out class locations and times.

Battle of the Bulge: A Mind-Body Approach to Permanent Weight Loss

Learn the ten keys to permanent weight loss while enjoying life. You will create a lifelong plan of action for permanent weight loss and maintenance that's fun and easy. (One 8-hour session or two 4-hour sessions)

Join the Wellness Revolution

Become an "educated health consumer" and arm yourself with the tools necessary for living a healthier life. (3 hours)

Supermarket Adventure

Learn how to navigate through a supermarket and make better food choices for a healthier lifestyle. (3 hours)

ORLEANS COUNTY

Orleans Community Health Wellness Department

415 West Ave.
Medina, NY 14103
(585) 798-6641
www.medinamemorial.org

Registration required. Call or visit website to find out more about class schedule.

Personal Wellness Profile

A computerized health and lifestyle assessment based on the most current scientific guidelines for optimal health. A health educator discusses the assessment results and helps you establish a behavioral change goal and plan of action.
(Two 1-hour sessions)

Label Reading – What does it all mean?

An interactive class that teaches you how to shop and eat healthier by reviewing nutrition facts on food labels. (1 hour)

Osteoporosis

ERIE COUNTY

Catholic Health System

(Kenmore Mercy Hospital, Mercy Hospital, Sisters Hospital, and St. Joseph's Campus)
Multiple Locations
(716) 447-6205
www.chsbuffalo.org

Please call or visit website for locations, registration requirements, and class schedules.

Osteoporosis

Learn how to build stronger, healthier bones.
Session includes a free screening. (1 hour)

Smoking Cessation

ALLEGANY COUNTY

Cuba Memorial Hospital Cardiopulmonary Center

140 W. Main St.
Cuba, NY 14727
(585) 968-2000, ext. 213

Call for information about class schedule.

Smoking Cessation

This program incorporates many well-known techniques for assisting smokers who want to stop smoking. This program is a step-by-step approach to changing those behaviors and assisting individuals in maintaining long-term results. (Four 1-hour sessions)

ERIE COUNTY

Buffalo General Hospital

100 High St.
Buffalo, NY 14203
(716) 859-1890

Smoking Cessation

This program helps participants learn strategies to deal with nicotine withdrawal, while focusing on the benefits of quitting and remaining tobacco free. Nicotine Replacement Therapy (NRT) and other cessation medications will also be discussed. (Four 1-hour sessions)

NIAGARA COUNTY

The McLaughlin Center of DeGraff Memorial Hospital

445 Tremont St.
N. Tonawanda, NY 14120
(716) 694-4500

Smoking Cessation

This program helps participants learn strategies to deal with nicotine withdrawal, while focusing on the benefits of quitting and remaining tobacco free. Nicotine Replacement Therapy (NRT) and other cessation medications will also be discussed. (Four 1-hour sessions)

Eastern Niagara Hospital – Lockport

521 East Ave.
Lockport, NY 14094
(716) 514-5580

Call to obtain class schedule or register.

Smoking Cessation

This series is designed to help people break the smoking habit. Class includes the nutrition tips, triggers to relapse, individualized plans and support, and more. (Three 2-hour sessions)

Eastern Niagara Hospital – Newfane

2600 William St.
Newfane, NY 14108
(716) 778-5071, ext. 501

Call to obtain class schedule or register.

Tobacco Cessation

Class discusses the addiction process, tobacco triggers, behavior modification and other strategies that can assist with successful tobacco cessation. (Two 3-hour sessions)

Community Wellness Programs (cont'd.)

Women and Men's Health

ERIE COUNTY

Active Nutrition

Maria Weber, RD

2238 Old Union Rd.

Cheektowaga, NY 14227

(716) 608-7697

office@activenutritionist.com

www.activenutritionist.com

Registration required. Call, email, or visit website to learn more about class schedule.

Natural Solutions for Women

Current and practical information for women that will help balance hormones naturally to better manage PMS and menopause; before, during, and after. Learn how to manage symptoms like weight gain, mood swings, hot flashes/night sweats with nutrition and lifestyle, including information on the appropriate use of supplementation. (2 hours)

Catholic Health System

(Kenmore Mercy Hospital, Mercy Hospital, Sisters Hospital, and St. Joseph's Campus)

Multiple Locations

(716) 447-6205

www.chsbuffalo.org

Please call or visit website for locations, registration requirements, and class schedules.

A Journal of Women's Health

Evaluate your lifestyle, employing effective motivation techniques, personal goal setting and engaging empowerment skills to encourage adaptation of a healthy lifestyle. Key topics discussed include effective communication techniques, cardiovascular health, exercise, nutrition, cancer awareness, osteoporosis, menopause, breast health, and stress management. (1 hour)

Healthy Lifestyles for Men

Learn effective motivation techniques, personal goal setting, and engaging empowerment skills to encourage adaptation of a healthy lifestyle. (1 hour)

Living with Menopause

An insightful view into the myths and truths associated with a life cycle process all women encounter as they age. Learn how to effectively deal with the physical, intellectual, and emotional symptoms produced by changes in hormone levels. (1 hour)



Eat crunchier snacks.



Show the grandkids
you've still got game.

Recreation and Fitness*

Ever wanted to try Yoga, Tai Chi or Zumba? Exploring new fitness opportunities is healthy. We invite you to try any two (per year) from the list below at no cost.

Aerobics and Fitness

CATTARAUGUS COUNTY

Olean YMCA

1101 Wayne St.
Olean, NY 14760
(716) 373-2400
www.oleanymca.org

To register for a class, or for class times, please call or visit website.

Fitness 101

This class will discuss the benefits of exercise; its key components and help participants identify ways to achieve a balanced fitness program whether at home or in the gym. (1 hour)

ERIE COUNTY

Bodyshaping By Sandy

(716) 568-0248
BodyShapingBySandy@yahoo.com
www.bodyshapingbysandy.com

Registration required. Classes offered at a variety of locations. Please call, email, or visit website to find a class near you.

Commit 2B Fit

Commit 2B Fit covers the benefits and key components of exercise and will help participants to safely implement an exercise program into their lifestyle. (1 hour)

Zumba

Zumba is a dynamic total body workout which incorporates interval training sessions where fast/slow rhythms and resistance training are combined to tone and sculpt participants' body while burning fat. The program is geared toward all levels of fitness. (Ten 1-hour sessions)

CardioPUMP

CardioPUMP is a total body workout geared toward all fitness levels and incorporates a warm-up, cardiovascular segment, muscle-toning exercises, followed by floor work and a cooldown. (Ten 1-hour sessions)

JAZZYaerobics

JAZZYaerobics is an aerobic dance program that incorporates aerobic conditioning segments with light weights, floor work and a cooldown period. The program is ideal for all levels of fitness and is designed to provide a total body workout. (Ten 1-hour sessions)

Total Body Workout

A well-rounded workout that includes a warm-up; high-intensity, muscle-toning exercises to improve flexibility and cardiovascular performance, and a cooldown. (Ten 1-hour sessions)

Buffalo Athletic Club

Downtown Buffalo (716) 845-6660
Eastern Hills of Williamsville (716) 631-3800
French Road of Depew (716) 656-9999
Southtowns of Orchard Park (716) 675-9353
Suburban of Amherst (716) 833-5226
Tonawanda (716) 348-3755

Please call to register.

Bootcamp

Boot Camp combines bursts of cardio intervals with strength training. Using all types of equipment, this class works your whole body. (Ten 1-hour sessions)

Kardio Kick

This program is a total body cardiovascular and muscular conditioning class. The program is geared towards all levels of fitness/participants. (Ten 1-hour sessions)

Recreation and Fitness (cont'd.)

Spinning

Spinning is a cardiovascular class for individuals with varied levels of fitness. The class is done on a stationary bike that can be adjusted in order to tailor the speed/intensity of the workout to the participants' needs. (Ten 1-hour sessions)

Total Body Sculpt

This class works all muscle groups in order to build overall muscular strength and endurance. Members decide on the amount of weight to use based on their own level of fitness; thereby, ensuring a customized training session. (Ten 1-hour sessions)

ZUMBA

This class features exotic rhythms set to Latin and international beats for a high-energy cardio workout. (Ten 1-hour sessions)

ZUMBA Toning

ZUMBA Toning combines targeted body sculpting exercises and high-energy cardio work with Latin infused ZUMBA moves. (Ten 1-hour sessions)

Jewish Community Center

2640 N. Forest Rd.
Getzville, NY 14068
(716) 886-3145
www.jccbuffalo.org

787 Delaware Ave.
Buffalo, NY 14209
(716) 688-4033

Call or stop in to find out more information or to register for classes.

Flexorcize

Walking, stretching and range of motion exercise with a certified Arthritis Foundation instructor. No twisting, jumping or jogging. Advanced classes take place in the deep end of the pool. (Ten 1-hour sessions)

Michelle Geary

Town of Hamburg

Senior Services Department

4150 Sowles Rd.
Hamburg, NY 14075
(716) 649-3438
mgeary@townofhamburg.com

Call or email to register for class or find out more about class schedule.

Anyone Can Exercise

This program is designed especially for those suffering from arthritis and other musculoskeletal problems. The classes consist of gentle exercise activities and a strength training segment that can be done from a chair or when standing. (Eight 1-hour sessions)

The Medically Oriented Gym (The M.O.G.)

1801 Grand Island Blvd.
Grand Island, NY 14072
(716) 773-1600
www.gimog.com

Call, stop by, or visit website to access class schedule.

Be S.A.F.E (Fitness for the Ages)

This series of group exercise classes is designed to address the physical and psychological well-being of the senior population. Teaches participants the key components of a safe, effective exercise and stress management program to include: breathing, strength, ambulation/balance, flexibility and endurance. (Six 90-minute sessions)

Fitness Principles and Practice

This program teaches participants the key components of a safe, effective exercise program to include cardiovascular endurance, strength training and flexibility. Participants learn how to properly use gym equipment in order to safely enhance their fitness status. (Eight 1-hour sessions)

Flexercise

Flexercise incorporates physioballs to help improve participants balance and postural alignment. It also includes cardiovascular, strength and flexibility components for a well-rounded workout. (Eight 1-hour sessions)

The Wellness Institute

www.beactivenys.org
(716) 851-4052

To find out about class schedule and location, call or visit website.

Passport to Wellness

The Passport to Wellness Program is an on-going series designed to provide fun, safe physical activity for older adults. This program provides valuable health information along with social networking opportunities. (Five 1-hour sessions)

NIAGARA COUNTY

Advanced Care Fitness (ACF)

(716) 282-2888
todd@advancedcarephysicaltherapy.com
www.advancedcarephysicaltherapy.com

ACF – Niagara Falls

924 Main St.
Niagara Falls, NY 14301

To find out more about class times and schedules, stop by for a tour, email, call, or visit website.

Kinesis Wall Circuit

Kinesis Wall Circuit is an innovative and cutting-edge fitness program which utilizes a training wall. Targets multi-plane exercises to reach fitness goals. (Eight 1-hour sessions)

Floor Aerobics 90-X

Floor Aerobics 90-X is based on the popular P90X workout. Sixty minutes of floor-based moves with an ab blasting finish. All levels are welcome and instructor helps to modify individual levels. (Eight 1-hour sessions)

Aqua Conditioning

Aqua conditioning is a total body water workout in the 92° pool; a fun, moderately paced class. (Eight 1-hour sessions)

ACF – Wheatfield

3780 Commerce Ct., Ste 100
Wheatfield, NY 14120

1-2-3 Program

1-2-3 Program is designed for cardiac, diabetic and overweight populations. Great for individuals looking to start off on the right foot. (Eight 1-hour sessions)

Arthritis Exercise

Arthritis Foundation

(800) 870-1771
cpegado@arthritis.org

Classes offered at various locations. Call or email to find out how to register for a class near you.

Arthritis Foundation Exercise Program

This is a gentle exercise program incorporating range of motion, strength building, endurance, balance, relaxation and education. Exercises may be done sitting or standing. (Eight 1-hour sessions)

Arthritis Foundation Tai Chi

This program is based on Sun Style Tai Chi and is a slow moving/flowing exercise program that focuses on balance and flexibility. (Eight 1-hour sessions)

Arthritis Foundation Aquatic Program

This is a water exercise program specifically designed for people with arthritis. The program incorporates range of motion, endurance, strengthening exercises and stretching in a pool. (Eight 1-hour sessions)

Taking Control of Arthritis

This is an educational program teaching exercise, diet, pain management, communicating, stress management, medications and setting goals. (Three, 2-hour sessions)

Recreation and Fitness (cont'd.)

CATTARAUGUS COUNTY

Olean YMCA

1101 Wayne St.
Olean, NY 14760
(716) 373-2400
www.oleanymca.org

To register for a class, or for class times, please call or visit website.

Arthritis Aquatics

This Arthritis Foundation program is designed to accommodate the abilities of individuals with arthritis and other related diseases. Classes help improve muscular strength, endurance and flexibility in order to help participants maintain their independence, manage pain and relieve symptoms of arthritis. A physician's consent is required to participate. (Ten 1-hour sessions)

ORLEANS COUNTY

Orleans Community Health Wellness Department

415 West Ave.
Medina, NY 14103
(585) 798-6641
www.medinamemorial.org

Registration required. Call or visit website to find out more about class schedule.

Arthritis Foundation Exercise Program

This exercise program is specifically designed for people with arthritis. Topics include benefits and general precautions for exercise, exercise principles, joint protection, body mechanics and pain management. (Six 1-hour sessions)

Cardiopulmonary Fitness

NIAGARA COUNTY

Heart Center of Niagara Falls Memorial Medical Center

621 10th St.
Niagara Falls, NY 14302
(716) 278-4019

Call to schedule initial appointment.

Cardiopulmonary Rehabilitation Fitness Program

M.D. referral required for this program. This program helps participants safely increase their physical activity level. Participants will be closely monitored during exercise and will receive a post-program evaluation.

Pilates

ERIE COUNTY

Bodyshaping By Sandy

(716) 568-0248
BodyShapingBySandy@yahoo.com
www.bodyshapingbysandy.com

Registration required. Classes offered at a variety of locations. Please call, email, or visit website to find a class near you.

Pilates

Pilates is a low-impact mind and body form of exercise that is good for individuals with varied levels of fitness. Pilates helps to strengthen and tone muscles, improves posture and flexibility, and helps increase balance while improving core strength. (Ten 1-hour sessions)

Buffalo Athletic Club

Downtown Buffalo (716) 845-6660
Eastern Hills of Williamsville (716) 631-3800
French Road of Depew (716) 656-9999
Southtowns of Orchard Park (716) 675-9353
Suburban of Amherst (716) 833-5226
Tonawanda (716) 348-3755

Please call to register.

Pilates

Pilates is a low-impact mind and body form of exercise that is good for individuals with varied levels of fitness. The class encourages and assists participants with stretching and strengthening their muscles. (Ten 1-hour sessions)

Jewish Community Center

2640 N. Forest Rd.
Getzville, NY 14068
(716) 886-3145
www.jccbuffalo.org

787 Delaware Ave.
Buffalo, NY 14209
(716) 688-4033

Call or stop in to find out more information
or to register for classes.

Mat Pilates

This program centers on Joseph Pilates principles of concentration, control, centering, breathing and alignment. The outcome for participants is increased flexibility, stronger back and abdominal muscles.
(Ten 1-hour sessions)

The Medically Oriented Gym (The M.O.G.)

1801 Grand Island Blvd.
Grand Island, NY 14072
(716) 773-1600
www.gimog.com

Call, stop by, or visit website to access
class schedule.

Pilates

Pilates is a mind/body conditioning exercise program designed to increase flexibility and strengthen muscles that support the spine and bring balance to the body. It is a form of core training that helps decrease tension and reduce low back pain while improving flexibility and enhancing relaxation. (Eight 1-hour sessions)

ORLEANS COUNTY**Orleans Community Health
Wellness Department**

415 West Ave.
Medina, NY 14103
(585) 798-6641
www.medinamemorial.org

Registration required. Call or visit website
to find out more about class schedules.

Pilates

Participants perform a series of exercises designed to promote a balanced musculoskeletal system, increased core strength, improved flexibility/posture and heightened body awareness. (Six 1-hour sessions)

Special Needs Dance Classes**Moving Miracles**

954 Union Rd., Ste. 1
West Seneca, NY 14224
(716) 656-1321
movingmiracles_dance@verizon.net
www.movingmiracles.org

Placement appointment required to attend
classes. Call, email, or visit the Moving Miracles
website to make an appointment, or find out
more about class schedule.

Moving Miracles Dance Program

Moving Miracles is a non-profit dance program for adults, children, and adolescents who have exceptional challenges physically, mentally, and or emotionally. The program helps to improve the physical, mental and social well-being of participants by providing customized physical activity in a safe environment.
(Ten 1-hour sessions)

Swim and Aquatic**CATTARAUGUS COUNTY****Olean YMCA**

1101 Wayne St.
Olean, NY 14760
(716) 373-2400
www.oleanymca.org

Registration required. Call or visit website
for class schedule.

Recreation and Fitness (cont'd.)

Aquatic Rehabilitation

This program assists those with slight injuries or those moving from the acute phase of rehabilitation that wish to continue their rehabilitation. Trained staff lead participants through a series of water exercises aimed at improving range of motion and flexibility. A physician's consent is required to participate. (Ten 1-hour sessions)

Arthritis Aquatics

This Arthritis Foundation program is designed to accommodate the abilities of individuals with arthritis and other related diseases. Classes help improve muscular strength, endurance and flexibility in order to help participants maintain their independence, manage pain and relieve symptoms of arthritis. A physician's consent is required to participate. (Ten 1-hour sessions)

ERIE COUNTY

Bodyshaping By Sandy

(716) 568-0248

BodyShapingBySandy@yahoo.com

www.bodyshapingbysandy.com

Registration required. Classes offered at a variety of locations. Please call, email, or visit website to find a class near you.

Wet Workout

The Wet Workout is an aquatic program that promotes cardiovascular fitness, muscular strength and endurance, flexibility, coordination, and having fun! Routines are easy to follow and for all fitness levels. (Ten 1-hour sessions)

Michelle Geary

**Town of Hamburg Senior
Services Department**

4150 Sowles Rd.

Hamburg, NY 14075

(716) 649-3438

mgeary@townofhamburg.com

Registration required. Call or email to or find out more about class schedule.

Healing Waters Aquatic Program

This program is designed for people with arthritis and other musculoskeletal problems. The program consists of exercises to help relieve pain and stiffness, maintain range of motion, and improves muscle strength and endurance. Members do not need to know how to swim to participate. (Eight 1-hour sessions)

Tai Chi

ERIE COUNTY

Bill Adams Martial Arts and Fitness Center

3211 Transit Rd.

Elma, NY 14059

(716) 668-5004

martialart@roadrunner.com

www.bestinmartialarts.com

Registration required. Some classes occur off-site. Call, email, or visit website to find out more about class schedule and locations.

Tai Chi

Tai Chi is a low-impact exercise program with many health benefits to include improved strength and balance. Participants learn basic Tai Chi exercises as well as more advanced forms. (Ten 1-hour sessions)

Buffalo Athletic Club

Downtown Buffalo (716) 845-6660

Eastern Hills of Williamsville (716) 631-3800

French Road of Depew (716) 656-9999

Southtowns of Orchard Park (716) 675-9353

Suburban of Amherst (716) 833-5226

Tonawanda (716) 348-3755

Please call to register.

Tai Chi

Tai Chi referred to as "Yoga in Motion" or "Moving Meditation" aides in stress reduction, improved focus and concentration, increased flexibility, improved strength, enhanced immune system, better balance, improved memory, improved circulation, and increased coordination. (Ten 1-hour sessions)

Bodyshaping By Sandy

(716) 568-0248

BodyShapingBySandy@yahoo.com

www.bodyshapingbysandy.com

Registration required. Classes offered at a variety of locations. Please call, email, or visit website to find a class near you.

Tai Chi

Tai Chi is a mind-body conditioning program based on ancient Chinese martial arts and utilizes slow, continuous movements in order to help improve participants' overall mental and physical health. (Ten 1-hour sessions)

Yoga, Meditation, and Stress Relief**ERIE COUNTY****Bodyshaping By Sandy**

(716) 568-0248

BodyShapingBySandy@yahoo.com

www.bodyshapingbysandy.com

Registration required. Classes offered at a variety of locations. Please call, email, or visit website to find a class near you.

Relaxation and Stress Relief

Relaxation and Stress Relief helps participants to effectively manage their stress and provides them the tools to become more creative, productive, achieve clarity and reach their optimal health and performance in order to have a happier, healthier life. (1 hour)

Yoga

Yoga is a series of poses which helps to improve breathing, increase flexibility, aids in relaxation and helps to integrate the body, mind and spirit. The program is ideal for varied levels of fitness. (Ten 1-hour sessions)

Buffalo Athletic Club

Downtown Buffalo (716) 845-6660

Eastern Hills of Williamsville (716) 631-3800

French Road of Depew (716) 656-9999

Southtowns of Orchard Park (716) 675-9353

Suburban of Amherst (716) 833-5226

Tonawanda (716) 348-3755

Please call to register.

Stride through Stress

This class teaches participants practical strategies that will help them handle the demands of a busy life and create more peace of mind. The workshop helps participants identify the signs and symptoms of stress and learn how affirmations, assertiveness, humor, exercise and relaxation helps to manage stress and promote a positive mental attitude. (90 minutes)

Yoga

This class incorporates a series of poses with a strong emphasis on breathing. It increases flexibility and restores a healthy mind and body balance. (Ten 1-hour sessions)

Catholic Health System

(716) 447-6205

Call to learn more and register for classes.

*Ten Secrets to Inner Peace**Time Management***Crescent Moon Yoga**

Leanne Oldenbrook/UB Newman Center

495 Skinnerville Rd.

Amherst, NY 14228

(716) 864-1194

www.cmyoga.com

Call to register for classes. To find out more about class schedule, please visit website.

Gentle Yoga

Gentle Yoga is for all fitness levels and age groups. The class includes progressive relaxation; postures to improve flexibility, strength and balance; and meditation. Class is held in a comfortable, soothing, non-competitive atmosphere. (Ten 1-hour sessions)

**Healing Waters Center for
Yoga, Health, and Mindful Living**
542 Quaker Rd.
E. Aurora, NY 14052
(716) 655-3924
centerathealing@aol.com
www.centerathealingwaters.com

Visit website for class schedule and to register.

Yin Meditation and Stress Reduction
This program incorporates therapeutic bodywork and Mindfulness Meditation to help reduce anxiety and stress. Yin Yoga, Mindfulness Meditation, Intention and the five elements of awareness are introduced as relevant tools to change and balance the chemistry of participants' bodies and lives. (Four 1-hour and 45-minute sessions)

Intro to Yoga
Participants learn the main Yoga postures and a variety of breathing and relaxation techniques. This class is ideal for students who do not have prior Yoga experience. (Six 1-hour and 15-minute sessions)

Yoga and Meditation 101
This program is ideal for individuals who have finished the Intro to Yoga program or by anyone who is interested in the wider context of Yoga. The course covers topics such as meditation, home practice, inversions and Yoga philosophy. (Four 1-hour and 15-minute sessions)

Hatha Yoga (1)
Hatha Yoga helps participants to recognize their hidden physical and mental potentials through a series of Yoga poses combined with breathing and relaxation exercises. (Ten 1-hour and 15-minute sessions)

Hatha Yoga (2)
This program offers participants the opportunity to learn more advanced Hatha postures in addition to a deepened understanding of the Yoga practice. (Ten 1-hour and 15-minute sessions)

Jewish Community Center
2640 N. Forest Rd.
Getzville, NY 14068
(716) 886-3145
www.jccbuffalo.org

787 Delaware Ave.
Buffalo, NY 14209
(716) 688-4033

Call or stop in to find out more information or to register for classes.

Yoga
This exercise program encompasses the mind, body and spirit while improving flexibility, building strength and promoting relaxation. (Ten 1-hour sessions)

Kaleida Health - Buffalo General Hospital
(716) 859-1890

Call to find out more and register for classes.

Coping with Everyday Stress

**Medina Memorial Hospital
Community Partners of Medina**
(585) 798-6641

Call to find out more and register for classes.

Stress Management

The Medically Oriented Gym (the M.O.G)
Grand Island, NY 14072
(716) 773-1600
www.gimog.com

No registration required. Call, stop by, or visit website to access class schedule.

Yoga
Participants will learn proper Yoga form and technique that will help to increase strength, grace and flexibility and will help enhance the participants overall well-being. (Eight 1-hour sessions)

ORLEANS COUNTY

Orleans Community Health
Wellness Department
415 West Ave.
Medina, NY 14103
(585) 798-6641
www.medinamemorial.org

Registration required. Call or visit website to find out more about class schedules and how to register.

Yoga

Participants will learn proper Yoga form and technique in order to increase flexibility, balance and muscular strength while improving overall physical and mental wellness. (Six 1-hour sessions)





Healthy living
is music to our ears.

Exclusive Member Discounts*

We're always looking for ways to make your experience with us even better. That includes offering you special member-only discounts throughout our community.

Child and Family Fitness

ERIE COUNTY

Carmarie's Dance Studio

1000 Ellicott Creek Road
Tonawanda, New York 14150
(716) 695-6558

Discount Details

10% discount off first month of classes for first-time students.

International Ballroom and Latin Dance Studio

2771 Delaware Avenue
Kenmore, NY 14217
(716) 693-0279

Discount Details

Register for 2 months of class (one weekly class) and receive \$15.00 off (value of one free class). Students continuing after that can receive the same discount for up to one year (must be continual with 2 months class registration throughout the year).

Miranda Dance Academy

1590 Abbott Road
Lackawanna, New York 14218
(716) 822-1048

Discount Details

10% discount on Ballet Classes (ages 7 and up). 10% discount on Pre-school Program (ages 3-6). Free registration. New classes begin in September- new registration accepted until the second week of November.

Pathways to Wellness Center

11417 Eden Road
North Collins, New York 14111
(716) 337-3092

Discount Details

10% discount off of Belly Dance for Fun & Fitness class (\$8 per person per group class). 10% discount off of Ballroom/Social Dance (various styles of dance) and Wedding Dance Choreography (\$35 per private lesson).

Robert Koch's International Black Belt Academy

13118 Broadway
Alden, New York 14004
(716) 937-3772

Discount Details

\$100 off the price of the Beginner Program (Discounted to \$790).

Summit Gymnastics and Fitness Center

941 Maple Street
Elma, New York 14059
(716) 652-5334

Discount Details

Free Annual Registration (\$35 value).

The Training Edge

8200 Main Street
Williamsville, NY 14221
(716) 565-9568

Discount Details

15% off any starter program for: Adult Self Defense (Krav Maga), Fitness Kick boxing, Tai Chi, or Kids Karate.

Exclusive Member Discounts (cont'd.)

Diet and Lifestyle

CATTARAUGUS COUNTY

Peek 'n Peak Resort & Conference Center

1405 Olde Rd.
Clymer, NY 14724
(716) 355-4141

Discount Details

\$10 off your next purchase of 18 holes of golf with shared cart, Monday-Thursday. Discount applicable only to advertised full price public rates for greens fees and cart/18 holes. One discount per card holder. Restrictions apply.

Weight Watchers Online Subscription

Discount Details

\$10 off a 3-month subscription to Weight Watchers online.

Weight Watchers At Home Kit (800) 710-4663

Discount Details

\$10 off the price of the At Home Kit. Please identify yourself as a HealthNow member to receive the discount.

CHAUTAUQUA COUNTY

Nutrition Counseling by Carey Skelton

461 Front Street
Jamestown, NY 14701
(716) 664-2996

Discount Details

25% discount off medical nutrition therapy or nutrition counseling.

ERIE COUNTY

Balanced Nutrition

350 Alberta Drive, Suite 109
Amherst, NY 14226
(716) 553-7826

Discount Details

10% discount off initial consult and follow up visits.

Fitness Centers, Gyms, and Pools

CATTARAUGUS COUNTY

Bella Body Works

6 E. Main St.
Gowanda, NY 14070-1208
(716) 532-4232

Discount Details

Member will receive 25% off the one-time joining fee of \$98.00 reducing the one-time fee to \$73.50; monthly membership is \$29.00 for unlimited usage.

YMCA of Olean

1101 Wayne St.
Olean, NY 14760
(716) 373-2400

Discount Details

Free 3-visit pass to use facility.
10% off YMCA Pro Shop.

CHAUTAUQUA COUNTY

The Body Shop

1276 Route 5 & 20
Silver Creek, NY 14136
(716) 934-0066

Discount Details

Joining fee will be half price \$98 to \$49.
15% off vitamins and herbs.

ERIE COUNTY

Allentown Athletix Health and Racquet Club

538 Delaware Ave.
Buffalo, NY 14202
(716) 884-8100

Discount Details

Choice of one of the following on the first membership at the club: 10% off a 3-month trial membership or 15% off an annual membership (discount may be applied toward installment payment plans). Discounts are for new members only.

Amherst Club 50 Fitness

708 Maple Rd.
Buffalo, NY 14221
(716) 689-6135

Discount Details

25% discount off regular priced enrollment fee.

Bodyshop Fitness

8457 Olean Rd.
Holland, NY 14080
(716) 537-3300

Discount Details

Discount 10%. Yearly membership regularly \$250 = \$225; 6 months = \$175 discount \$160; 3 months \$99 discount = \$89.

The Medically Oriented Gym (The M.O.G.)

1801 Grand Island Blvd.
Grand Island, NY 14072
(716) 773-1600

Discount Details

Initiation fee waiver for first-time members (one-time charge).

Buffalo Athletic Club – Eastern Hills

4687 Transit Rd.
Williamsville, NY 14221
(716) 631-3800

Discount Details

50% off our enrollment fee on our Preferred Program. Cannot be combined with any other offer, must present insurance card at time of enrollment and first-time members only.

Buffalo Athletic Club – Express

3896 Union Rd.
Cheektowaga, NY 14225
(716) 565-0008

Discount Details

50% off our enrollment fee on our Preferred Program. Cannot be combined with any other offer, must present insurance card at time of enrollment and first-time members only.

Buffalo Athletic Club – Southtowns (Orchard Park)

3035 Union Rd.
Orchard Park, NY 14127
(716) 675-9353

Discount Details

50% off our enrollment fee on our Preferred Program. Cannot be combined with any other offer, must present insurance card at time of enrollment and first-time members only.

Buffalo Athletic Club for Women – Colvin

3157 Eggert Rd.
Tonawanda, NY 14150
(716) 348-3755

Discount Details

50% off our enrollment fee on our Preferred Program. Cannot be combined with any other offer, must present insurance card at time of enrollment and first-time members only.

Buffalo Athletic Club for Women – French

1235 French Rd.
Depew, NY 14043
(716) 656-9999

Discount Details

50% off our enrollment fee on our Preferred Program. Cannot be combined with any other offer, must present insurance card at time of enrollment and first-time members only.

Buffalo Athletic Club for Women – Evans

480 Evans St.
Williamsville, NY 14221
(716) 634-7867

Discount Details

50% off our enrollment fee on our Preferred Program. Cannot be combined with any other offer, must present insurance card at time of enrollment and first-time members only.

Curves for Women – Cheektowaga South

7 Kelly Dr.
Cheektowaga, NY 14227
(716) 677-4341

Exclusive Member Discounts (cont'd.)

Discount Details

60% off service fee of \$149 for a total savings of \$90. Join for just \$59 and pay \$29 a month for 12 months.

Curves for Women – Cheektowaga

3776 Harlem Rd.
Cheektowaga, NY 14215
(716) 834-0036

Discount Details

60% off application fee. Savings of \$190.

Curves for Women – E. Aurora

391 Olean St.
E. Aurora, NY 14052
(716) 652-1199

Discount Details

First month free! Offer based on first visit enrollment with a 12-month membership.

Curves for Women – Williamsville

5759 Main St.
Williamsville NY 14221
(716) 810-0880

Discount Details

60% off of the service fee for new members. Additional 10% discount on dues for 1-year contract when paid in full.

Fit Express by Bethann

5445 Transit Rd.
Williamsville, NY 14221
(716) 689-7529

Discount Details

General Membership: 10% off annual dues; Personal Training: 25% off monthly fee.

The Fitness Connection

12399 Olean Rd.
Chaffee, NY 14030
(716) 496-8812

Discount Details

10% off 1-year membership (regular price \$330).

Fitness Factory of West Seneca

1012 Union Rd.
Southgate Plaza
West Seneca, NY 14224
(716) 675-7770

Discount Details

10% off a 1-year membership plus a free fitness assessment.

Fitness Plus

6105 Transit Rd., Ste. 160
E. Amherst, NY 14051
(716) 639-5974

Discount Details

3 months for \$99 (new members only).

Fitness Village, Inc.

5385 Main St., Ste. 2
Williamsville, NY 14221
(716) 626-7484

Discount Details

\$450 for 10 hourly Pilates sessions with a personal instructor. \$400 for 10 weight training sessions with a personal instructor. 10% discount off listed prices.

Get Fit with Cindy

4255 Harlem Rd.
Buffalo, NY 14226-4426
(716) 479-9374

Discount Details

Get Fit with Cindy is pleased to provide a 10% discount to all BlueCross BlueShield members. This applies to Pilates Reformers, Mat Pilates and Resistance Training sessions in the studio.

Gold's Gym

770 Wehrle Dr.
Cheektowaga, NY 14225
(716) 626-1963

Discount Details

50% off enrollment fees on Gold's signature programs—a savings of \$75 on Plan A, and \$150 on Plan B. Discounts for seniors (65+) and students. Immediate family members (spouse, kids) gain access at a reduced enrollment and dues once primary is enrolled.

J. Fitness

30 N. Union Rd., Ste. 104
Williamsville, NY 14221
(716) 565-3991

Jewish Community Center of Greater Buffalo

2640 N. Forest Rd.
Getzville, NY 14068
(716) 688-4033

Jewish Community Center of Greater Buffalo

787 Delaware Ave.
Buffalo, NY 14201
(716) 886-3145

Discount Details

Enjoy 10% off a New Annual Membership—first-time members only, not valid on renewals, cannot be combined with any other offer.

KC's Fitness – Buffalo

One Symphony Cir.
Buffalo, NY 14201
(716) 886-0252

Discount Details

5% off monthly membership dues and personal training packages.

Olympia Specialty

300 Pearl St.
Buffalo, NY 14202
(716) 847-6000

Discount Details

20% off regular rate monthly membership for 1-year or 20% off 1-year membership paid in full.



Make your favorite team part of your favorite healthy activities! Show your BlueCross BlueShield of Western New York card at the Buffalo Bills store and take 10% off your purchase. BlueCross BlueShield is proud to be the official health plan of the Buffalo Bills.

Exclusive Member Discounts (cont'd.)

Omega Health & Wellness

5893 Camp Rd., Ste. 9
Hamburg, NY 14075
(716) 648-5500

Discount Details

BlueCross BlueShield of Western New York members receive a \$50 discount on any annual membership. This offer applies to new members only.

Steel Mill Gym, Inc.

1234 Abbott Rd.
Lackawanna, NY 14218
(716) 822-4271

Discount Details

\$150 for 8 months, no other fees.

Discount Details

\$25 off of 1-year membership when paid in full. One-year membership discounted to \$274. Discount applies to new members only.

Terrie's Workout Center

1473-1481 Hertel Ave.
Buffalo, NY 14216
(716) 833-6529

Discount Details

10% discount on a full priced 3-month membership, 6-month membership, 12-month membership (excludes HMO 100, 200, 300 series members) HMO 200-300 series. 90 days free with the purchase of a full priced 1-year membership.

Town of Tonawanda Aquatics and Fitness Center

1 Pool Plaza
Buffalo, NY 14223
(716) 876-7424

Discount Details

BlueCross BlueShield members are entitled to our current Discounted Corporate Rate. Please call for current rates and further details. NOTE: No further discount available to Ken-Ton residents.

GENESEE COUNTY

Curves for Women – Batavia

563 E. Main St., Eastown Plaza
Batavia, NY 14020
(585) 343-3535

Discount Details

Additional 10% off initial joining fee.

It Figures

4152 W. Main St.
Batavia, NY 14020
(585) 815-0285

Discount Details

50% of service fee. Monthly fee is \$29 per month if you join for 1-year.

Village Fitness, LLC

3 West Ave.
LeRoy, NY 14482
(585) 768-4550

Discount Details

3-month fitness membership—regularly \$119, discounted to \$99 (renewals at regular price). New member package—regularly \$99, discounted to \$39.

LIVINGSTON COUNTY

Curves for Women – Avon

5568 E. Avon Plaza
Avon, NY 14414
(585) 226-9110

Discount Details

Receive \$100 off service fee. Pay only \$49 to join.

ORLEANS COUNTY

Fast Fitness (Fitness Center for Women)

116 N. Main St.
Albion, NY 14411
(585) 589-2650

Discount Details

50% off service fee (one-time). \$35 per month when paying by debit or credit card. \$45 per month when paying by cash or check.

NIAGARA COUNTY

A Quality Life Health & Fitness

445 Main St.
Youngstown, NY 14174
(716) 745-9820

Discount Details

10% off initial payment of any membership plan or personal training.

Curves for Women – Newfane

3037 Lockport-Olcott Rd.
Newfane, NY 14108
(716) 778-9398

Discount Details

60% off service fee of \$149 for a total savings of \$90. Join for just \$59 and pay \$29 a month for 12 months.

Curves for Women – Niagara Falls

7703 Niagara Falls Blvd.
Niagara Falls, NY 14304
(716) 236-0775

Discount Details

60% off membership fee (\$149-60% = \$59 to join).

Lockport Family YMCA

19 East Ave.
Lockport, NY 14094
(716) 434-8887

Discount Details

New members discount \$50 off membership fee; all non-member programs ½ off regular rate for a 7-week session for a non-member trial (example: aerobic session).

Summit Fitness Center

6930 Williams Rd.
Niagara Falls, NY 14304
(716) 297-4300

Discount Details

Save 10% on a one year “Preferred” membership (new members only).

Ultimate Physique Aerobics & Fitness Club

20 Ann St.
Lockport, NY 14094
(716) 439-4094

Discount Details

Exercise in a relaxed atmosphere with a variety of cardiovascular and strength training equipment. Fitness classes include Yoga, Pilates, Aerobics, Weight Training and Cycling. Discount: 10% off 1-year & 10% off 6 months.

WYOMING COUNTY

Arcade Fitness, LLC

20 Steele Ave.
Arcade, NY 14009
(585) 492-3030

Discount Details

One-week free fitness for first-time members. Half-price personal training for members who purchase a year membership. Free metabolic rate and body fat test (limited to 2 per year) for members who purchase a year membership.

Curves for Women – Attica

211 E. Main St.
Attica, NY 14011
(585) 591-4312

Discount Details

Receive \$100 off service fee. Pay only \$49 to join.

The Fit Stop

3631 Main St.
Strykersville, NY 14145
(585) 457-3386

Discount Details

25% discount off of the initial enrollment fee.

Bodyshaping By Sandy

Various locations throughout Western New York
www.bodyshapingbysandy.com
(716) 568-0246

Discount Details

Pilates, Yoga, or Total Body Workout, 1 day per week, 8-week session: Discounted fee \$45. Pilates, Yoga, or Total Body Workout, 2 days per week, 8-week session: Discounted fee \$80.

Exclusive Member Discounts (cont'd.)

Fitness Equipment

CHAUTAUQUA COUNTY

Hollyloft Ski & Bike

600 Fairmont Ave.
Jamestown, NY 14701
(716) 483-2330
www.hollyloft.com

Discount Details

10% off bicycle and ski accessories
(some exclusions may apply).

ERIE COUNTY

G&G Fitness Equipment, Inc.

7350 Transit Rd.
Williamsville, NY 14221
(716) 633-2527

G&G Fitness Equipment, Inc.

3170 Orchard Park Rd.
Orchard Park, NY 14127
(716) 712-0090

Discount Details

10% off manufacturer suggested retail price (MSRP) on any Life Fitness piece of fitness equipment. Not valid with any other discounts or sale items.

Northstar Bikes

1897 Eggert Rd.
Amherst, NY 14226
(716) 835-0294

Discount Details

Receive \$30 off any Adult Bicycle purchase.
Receive \$10 off a bicycle tune-up (Regular price \$44.99). Receive \$5 off any service.

Golfwell Injury Prevention

ERIE COUNTY

Southtowns Physical Therapy Group

4845 Transit Rd.
Lancaster, NY 14086
(716) 656-1880

Discount Details

20% discount on session fee for “Golfwell Injury Prevention & Training Program”
Discounted price \$36 per session. This is a one-on-one session with emphasis on flexibility, strength, posture and swing mechanics.

Karate, Kung Fu, and Kickboxing

ERIE COUNTY

Mandarin Kung Fu

777 Maryvale Dr.
Cheektowaga, NY 14225
(716) 631-3004

Discount Details

Save 10% on monthly membership. Save 15% on a new annual membership.

The Training Edge

8200 Main St.
Williamsville, NY 14221
(716) 565-9568

Discount Details

15% off any starter program for: Adult Self Defense (Krav Maga), Fitness Kick Boxing, Tai Chi, or Kids Karate.

Lifeline

ERIE COUNTY

VNA Lifeline

2100 Wehrle Dr.
Williamsville, NY 14221
(716) 630-8624

Discount Details

Free Installation and \$39 monthly fee for Lifeline Service (a personal response service that ensures that older adults get quick assistance whenever it is needed—24 hours a day, 365 days a year). Nationwide service available. Please call for more details.

Medical Equipment

Edgepark Medical Supplies

www.edgepark.com
(800) 321-0591

Discount Details

Free shipping and a 30% discount on all non-covered items.

ERIE COUNTY

Complete Homecare

60 Broad St.
Tonawanda, NY 14150
(716) 694-2554
www.completehomecare.com

Discount Details

10% off on all cash sales of medical equipment not covered by insurance.

Safety

Safe Beginnings, Inc.

www.safebeginnings.com
1-800-598-8911

Discount Details

15% discount on home safety products. When ordering on-line, please enter BCWN under the Group # section. When ordering by phone, please mention you are a BlueCross BlueShield member. Restrictions apply. Not valid on prior purchases.

Yoga, Pilates, and Tai Chi

ERIE COUNTY

Bikram Yoga

656 Elmwood Ave., Ste. 400
Buffalo, NY 14222
(716) 882-4151

Discount Details

5% discount.

Body Shaping by Sandy

Various locations throughout Western New York
(716) 568-0246
www.bodyshapingbysandy.com.

Discount Details

Pilates, Yoga, or Total Body Workout, 1 day per week, 8-week session: Discounted fee, \$45. Pilates, Yoga, or Total Body Workout, 2 days per week, 8-week session: Discounted fee, \$80.

Crescent Moon Yoga

7170 Transit Rd.
Williamsville, NY 14221
(716) 864-1194
www.cmyoga.com

Discount Details

6 class package, discounted to \$45. Drop-in class discounted to \$10. One-on-one private Yoga lesson, discounted to \$35. In-studio Yoga party/private group, discounted to \$75. 10% discount off retail Yoga items.

The Fitness Institute & Pilates Studio

5427 Transit Rd.
Williamsville, NY 14221
(716) 639-0200

Discount Details

10% on all services. Does not apply to services already discounted.

Himalayan Institute

841 Delaware Ave.
Buffalo, NY 14209
(716) 883-2223

Discount Details

5% discount off one 8-week Yoga class (discounted to \$76).

Kenneth Kurtz Physical Therapy & Associates

8705 Sheridan Drive
Williamsville, New York 14221
(716) 631-1212

Discount Details

Tai Chi for Arthritis 6 week class- 10% off (discounted to \$54).

Northeast Holistic Health

1961 Wehrle Dr.
Williamsville, NY 14221
(716) 626-1585

Discount Details

Yoga & Pilates: half-price for first class. Reiki & Reflexology: 10% off first session. Tai Chi: half-price for first session.

The Yoga Universe

1412 Union Rd.
West Seneca, NY 14224
(716) 677-9642

Discount Details

20% off 6-week session: One day per week discounted to \$43.20. Two days per week discounted to \$76.80. Three days per week discounted to \$100.80.

Body Shaping by Sandy

Various locations throughout Western New York
(716) 568-0246
www.bodyshapingbysandy.com

Discount Details

Pilates, Yoga, or Total Body Workout, 1 day per week, 8-week session: Discounted fee, \$45. Pilates, Yoga, or Total Body Workout, 2 days per week, 8-week session: Discounted fee, \$80.



Make your favorite team part of your favorite healthy activities! Show your BlueCross BlueShield of Western New York card at the Buffalo Sabres store and take 10% off your purchase. BlueCross BlueShield is proud to be the official health plan of the Buffalo Sabres.

Exclusive Member Discounts (cont'd.)

Vision Discounts†

Services	Member Cost
Complete pair of glasses purchase:*	
Frame, lenses and lens options must be purchased in the same transaction to receive full discount	
Eye Exam	
	Copay applies (includes dilated fundus evaluation)
Frames	
	40% off retail price
Standard Plastic Lenses	
Single Vision	\$50
Bifocal	\$70
Trifocal	\$105
Lenticular	20% discount
Lens Options	
UV Coating	\$15
Tint (Solid and Gradient)	\$15
Standard Scratch-Resistance	\$15
Standard Polycarbonate	\$40
Standard Progressive (Add-on to bifocal)	\$65
Standard Anti-Reflective Coating	\$45
Photochromic	20% discount
Transitions lenses	20% discount
Other Add-ons and Services (Sunglasses, Nonprescription sunglasses, Accessories, Contact Lens Solution, etc.)	
	20% discount
Contact Lens Materials (Discount applied to materials only)	
Disposable	No discount
Conventional	15% discount
Laser Vision Correction**	
Lasik or PRK	15% off retail price or 5% off promotional price
Frequency	
Examination	Annual
Frames	Unlimited
Lenses	Unlimited
Contact Lenses	Unlimited

* Items purchased separately will be discounted 20% off of the retail price.

** Since Lasik or PRK vision correction is an elective procedure, performed by specially trained providers, this discount may not always be available from a provider in your immediate location. For a location near you and the discount authorization, please call 1-877-5LASER6.

Member will receive a 20% discount on those items purchased at participating providers that are not specifically covered by this discount design. The 20% discount may not be combined with any other discounts or promotional offers, and the discount does not apply to VisionPlus provider's professional services, or contact lenses. Retail prices may vary by location.

† To find out if you are eligible for these discounts and if other discounts may be available to you, check your plan materials or contact our customer service department by calling the number on the back of your member ID card.

Vision Discount Providers

ALLEGANY COUNTY

Allegheny Eye Associates
12 Martin St.
Wellsville, NY 14895
(585) 593-6041

Council Optometric Center
178 N. Main St.
Wellsville, NY 14895
(585) 593-6369

CATTARAUGUS COUNTY

A S Alwan MD
2223 W. State St.
Olean, NY 14760
(716) 372-7515

Allegheny Eye Associates
130 S. Union St., Ste. 8
Olean, NY 14760
(716) 372-8642

Council Optometric Center
168 N. Union St.
Olean, NY 14760
(716) 372-9464

Ellicottville Optical Inc.
2 Hughey Alley
P.O. Box 1340
Ellicottville, NY 14731
(716) 699-5293

Enchanted Mountain Optometry
912 W. State St.
Olean, NY 14760
(716) 373-0766

Gowanda Eye Care
4 E. Main St.
Gowanda, NY 14070
(716) 532-2396

Lionel R. John Health Center
987 RC Hoag Dr.
Salamanca, NY 14779
(716) 945-5894

Morgan Optical
912 W. State St.
Olean, NY 14760
(716) 373-076

CHAUTAUQUA COUNTY

Albert Eye Care
3968 Vineyard Dr.
Dunkirk, NY 14048
(716) 366-3026

Chadwick Bay Vision Care
55 E. 4th St.
Dunkirk, NY 14048
(716) 366-4383

Community Eye Care
1136 Central Ave.
Dunkirk, NY 14048
(716) 366-2033

Community Eye Care
462 Fairmount Ave.
Jamestown, NY 14701
(716) 484-6700

Council Optometric
548 W. Third St.
Jamestown, NY 14701
(716) 488-1148

Council Optometric Center
436 Central Ave.
Dunkirk, NY 14048
(716) 366-7560

Steven Ihrig OD
225 E. Main St.
Fredonia, NY 14063
(716) 679-1553

Laury Opticians
707 Fairmount Ave. W.
E. Jamestown, NY 14701
(716) 664-4708

Seneca Eye Surgeons
27 Porter Ave.
Jamestown, NY 14701
(716) 483-2020

Silver Creek Optical
41 Main St.
Silver Creek, NY 14136
(716) 934-3030

Southern Tier Optometry
7770 Fairmont Ave.
Jamestown, NY 14701
(716) 969-6085

Sterling Optical
Chautauqua Mall
318 E. Fairmont Ave.
Lakewood, NY 14750
(716) 763-1877

Vision Care Center
1676 Foote Ave. Ext.
Jamestown, NY 14701
(716) 488-2700

Westfield Optical Studio
33 E. Main St.
Westfield, NY 14787
(716) 793-2020

ERIE COUNTY

4 Kids Optical
Dent Towers
3980 Sheridan Dr., Ste. 402
Buffalo, NY 14226
(716) 204-4516

20/20 Westside Eyecare
324 West Ferry St.
Buffalo, NY 14213
(716) 883-4747

Advanced Eye Care Center
6622 Main St., Ste. 7
Buffalo, NY 14221
(716) 631-9970

Advantage Optical
702 Dick Rd.
Buffalo, NY 14225
(716) 681-2020

Advantage Optical
696 Dick Rd.
Buffalo, NY 14225
(716) 681-3450

Akron Optical Shop
55 Main St.
Akron, NY 14001
(716) 542-2002

Akron Village Optical
10 Main St.
Akron, NY 14001
(716) 542-2110

Alden Optical Studio
12444 Broadway St.
Alden, NY 14004
(716) 937-8888

Amherst Eye Care
224 Plaza Dr., Ste. B
Williamsville, NY 14221
(716) 688-8127

Anthone Eye Center
2211 Sheridan Dr.
Buffalo, NY 14223
(716) 204-9084

Donald Armenia
3723 Seneca St.
West Seneca, NY 14224
(716) 675-5000

Aurora Optometric Group
980 W. Maple Ct.
Elma, NY 14059
(716) 652-0870

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

ERIE COUNTY (cont'd.)

Avenue Opticians
2864 Delaware Ave.
Buffalo, NY 14217
(716) 874-4119

Battin Opticians
1161 Abbott Rd.
Buffalo, NY 14220
(716) 824-2631

Beckes Optical & Hearing Aids
141 Pine St.
Hamburg, NY 14075
(716) 649-1616

Bell Optical
3427 Transit Rd.
Depew, NY 14043
(716) 668-6401

Best Optical Co.
183 Buffalo St.
Hamburg, NY 14075
(716) 646-6223

Best Vision Inc.
12469 Olean Rd., Ste. 1
Chaffee, NY 14030
(716) 496-7454

Biondilillo Eye Care LLC
206 Lake St.
Hamburg, NY 14075
(716) 649-1010

Blasdell Village Optical
3876 South Park Ave.
Blasdell, NY 14219
(716) 822-2264

Boulevard Optical
2342 Niagara Falls Blvd.
Tonawanda, NY 14150
(716) 694-4388

Brighton Optical Center
875 Brighton Rd.
Tonawanda, NY 14150
(716) 832-0296

Broadway Opticians
999 Broadway
Buffalo, NY 14212
(716) 892-9373

John M. Brzezicki Jr. OD
6421 W. Quaker St.
Orchard Park, NY 14127
(716) 662-4525

Buffalo's Best Opticians
2064 Seneca St.
Buffalo, NY 14210
(716) 822-1515

Buffalo's Best Opticians
6224 Transit Rd.
Depew, NY 14043
(716) 683-5566

Buffalo Eye Care Associates
3095 Harlem Rd.
Buffalo, NY 14225
(716) 896-8831

Buffalo Eye Care Associates
227 Highland Pkwy.
Buffalo, NY 14223
(716) 896-8831

Buffalo Eye Care Associates
Old Brierwood Medical Ctr.
3040 Amsdell Rd.
Hamburg, NY 14075
(716) 649-8300

Buffalo Eye Care Associates
1900 Ridge Rd.
Buffalo, NY 14224
(716) 674-5966

Buffalo Eye Care Associates
7960 Transit Rd.
Williamsville, NY 14221
(716) 633-9736

Buffalo Eye Center
3750 Delaware Ave., Ste. 1
Buffalo, NY 14217
(716) 874-2455

Buffalo Optical Company
280 Delaware Ave.
Buffalo, NY 14202
(716) 854-1620

Buffalo Optical Company
2832 Delaware Ave.
Kenmore, NY 14217
(716) 875-7779

Buffalo Optical Company
5350 Main St.
Buffalo, NY 14221
(716) 631-3820

Buffalo Optical Company
4080 Seneca St.
West Seneca, NY 14224
(716) 674-4110

Cattaraugus Indian Reservation
36 Thomas Indian School Dr.
Irving, NY 14081
(716) 532-5582

Clabeaux Optical
4050 Clinton St.
West Seneca, NY 14224
(716) 675-6100

Clarence Eye Care
8560 Main St.
Buffalo, NY 14221
(716) 632-6102

Council Eyecare Inc.
4243 Transit Rd.
Buffalo, NY 14221
(716) 633-2440

Council Opticians of E. Aurora
323 Main St.
E. Aurora, NY 14052
(716) 655-3225

Council Opticians of Hamburg
5999 South Park Ave.
Hamburg, NY 14075
(716) 648-5761

Council Opticians of Tonawanda
4244 Delaware Ave.
Tonawanda, NY 14150
(716) 695-3733

Council Opticians of West Seneca
3768 Seneca St.
West Seneca, NY 14224
(716) 674-8300

Creighton Optical
13375 Broadway St.
Alden, NY 14004
(716) 937-7373

Dee Opticians
1567 Military Rd.
Buffalo, NY 14217
(716) 875-4507

Delaware Opticians
2138 Delaware Ave.
Buffalo, NY 14216
(716) 876-2010

Derby Eye And Vision
6929 Erie Rd.
Derby, NY 14047
(716) 947-2462

Elegance Optique
1754 Sheridan Dr.
Buffalo, NY 14223
(716) 874-4600

Elmwood Specs
1006 Elmwood Ave.
Buffalo, NY 14222
(716) 883-9855

Eye Care & Vision Associates
932 Elmwood Ave.
Buffalo, NY 14222
(716) 884-0880

Eye Care & Vision Associates
One Hopkins Rd.
Buffalo, NY 14221
(716) 631-8888

Eye Care & Vision Associates
3712 Southwestern Blvd.
Orchard Park, NY 14127
(716) 648-5329

Eye Care Professionals of WNY
750 Dick Rd.
Buffalo, NY 14225
(716) 684-1622

Eye Care Professionals of WNY
2290 Main St.
Buffalo, NY 14214
(716) 835-3458

Eye Care Professionals of WNY
3364 Sheridan Dr.
Buffalo, NY 14226
(716) 833-2020

Eye Care Professionals of WNY
4703 Transit Rd.
Depew, NY 14043
(716) 656-2011

Eye Health Associates
170 Maple Rd.
Buffalo, NY 14221
(716) 634-6100

Eye To Eye Optical
3561 Sheridan Dr.
Buffalo, NY 14226
(716) 835-6644

Eyes Downtown
902 Main St.
Buffalo, NY 14202
(716) 883-9550

Eyesight Medical Center
1890 Colvin Blvd.
Tonawanda, NY 14150
(716) 837-4240

Eyewear Unlimited
1480 Hertel Ave.
Buffalo, NY 14216
(716) 834-3511

Family Eyecare Center
4721 Transit Rd.
Depew, NY 14043
(716) 668-2020

Fichte Eye Assoc.
Creekside Ctr
2825 Niagara Falls Blvd.,
Ste. 130
Buffalo, NY 14228
(716) 564-2020

Frame Up Eyewear Inc.
4498 Main St.
Buffalo, NY 14226
(716) 839-9545

Gold Circle Optical
1606 Niagara Falls Blvd.
Tonawanda, NY 14150
(716) 834-6666

Grand Island Optical
2077 Baseline Rd.
Grand Island, NY 14072
(716) 773-7653

Hamburg Optical
51 Buffalo St.
Hamburg, NY 14075
(716) 649-1035

Harrity Optical
6913 Erie Rd.
Derby, NY 14047
(716) 947-9992

Hogenkamp Optics
6404 Quaker St.
Orchard Park, NY 14127
(716) 662-5050

Holland Eye Center
23 N. Main St.
P.O. Box 578
Holland, NY 14080
(716) 537-2222

Hornberger & Hornberger
8425 Boston State Rd.
Boston, NY 14025
(716) 941-5585

Robert H. Hornberger OD
288 Brookwood Dr.
Hamburg, NY 14075
(716) 646-6180

Robert H. Hornberger OD
South Park Optical
3861 South Park Ave.
Buffalo, NY 14219
(716) 823-6093

Hornberger and Hornberger
3192 Walden Ave.
Depew, NY 14043
(716) 684-3124

JCPenney Optical
1303 Niagara Falls Blvd.
Buffalo, NY 14226
(716) 833-1166
JCPenney Optical
4545 Transit Rd.
Buffalo, NY 14221
(716) 634-2209

JCPenney Optical
3 Walden Galleria Dr.
Buffalo, NY 14225
(716) 681-5329

Kaleida Health
219 Bryant St.
Buffalo, NY 14222
(716) 859-8396

Kaleida Health
100 High St.
Buffalo, NY 14203
(716) 854-1137

Kenmore Eye Care
924 Kenmore Ave.
Buffalo, NY 14216
(716) 876-2020

Asha Kumar MD
501 Kenmore Ave.
Buffalo, NY 14223
(716) 838-5162

Edward A. Legarreta MD
1301 N. Forest Rd.
Buffalo, NY 14221
(716) 633-2203

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

ERIE COUNTY (cont'd.)

Edward A. Legarreta MD
2720 Union Rd.
Buffalo, NY 14227
(716) 668-3030

Lenscrafters
Eastern Hills Mall
4545 Transit Rd.
Buffalo, NY 14221
(716) 634-4456

Lenscrafters
Maple Ridge Center
4224 Maple Rd.
Buffalo, NY 14226
(716) 833-0803

Lenscrafters
Mckinley Mall
3701 Mckinley Pkwy.,
Ste. 814
Buffalo, NY 14219
(716) 826-3336

Lenscrafters
Walden Galleria
2000 Walden Ave.
Buffalo, NY 14225
(716) 684-3960

Licata Optical Co. Inc.
8070 Transit Rd.
Williamsville, NY 14221
(716) 631-3860

Main Optical Co.
6 Winspear Ave.
Buffalo, NY 14214
(716) 832-0704

Bernard F. Martin OD
2205 Kensington Ave.
Buffalo, NY 14226
(716) 839-2236

Michaels Eyecare Inc.
448 Delaware St.
Tonawanda, NY 14150
(716) 695-2024

Michaels Optical
110 Grey St.
E. Aurora, NY 14052
(716) 652-9643

Mike The Eye Glass Man
3411 Delaware Ave.
Buffalo, NY 14217
(716) 873-1410

Nk Optical LLC
4245 Union Rd.,
Ste. 105
Buffalo, NY 14225
(716) 634-2678

Ophthalmology Associates
5851 Main St.
Buffalo, NY 14221
(716) 632-3545

Pearle Vision
8005 Main St.
Buffalo, NY 14221
(716) 634-9129

Stephen Pollack MD
1630 Maple Rd.
Buffalo, NY 14221
(716) 689-7330

William M. Riedel OD
266 Grover
Cleveland Hwy.
Buffalo, NY 14226
(716) 834-7647

Renna Optical
3943 Bailey Ave.
Buffalo, NY 14226
(716) 836-4670

Riverside Specs
742 Tonawanda St.
Buffalo, NY 14207
(716) 362-0800

Robert Optical Inc.
4003 Harlem Rd.
Buffalo, NY 14226
(716) 839-1110

John Rundquist OD PLLC
3070 Transit Rd.
Buffalo, NY 14224
(716) 668-1166

Sears Optical
Boulevard Mall
1261 S. Niagara Falls Blvd.
Buffalo, NY 14226
(716) 446-5168

Sears Optical
Eastern Hills Mall
4545 Transit Rd.
Buffalo, NY 14221
(716) 631-4284

Sears Optical
2101 Elmwood Ave.
Buffalo, NY 14207
(716) 874-2020

Sears Optical
Galleria Mall
7 Walden Galleria
Buffalo, NY 14225
(716) 686-6280

Sears Optical
Mckinley Mall
3701 S. Mckinley Pkwy.
Buffalo, NY 14219
(716) 824-1320

Sharma Ophthalmology PLLC
4855 Camp Rd.,
Ste. 400
Hamburg, NY 14075
(716) 934-3323

Sharma Ophthalmology PLLC
12657 Seneca Rd.
Irving, NY 14081
(716) 934-3300

Andrew J. Siedlecki MD PC
1637 Hertel Ave.
Buffalo, NY 14216
(716) 634-8500
Sirkin Eye Care Center
2441 Sheridan Dr.
Tonawanda, NY 14150
(716) 836-8700

Hyun Jin Lim Soh MD
290 Center Rd.
West Seneca, NY 14224
(716) 674-2393

Mark Sorrentino OD
403 Main St., Ste. 510
Brisbane Bldg
Buffalo, NY 14203
(716) 852-7262

South Park Optical
3861 South Park Ave.
Buffalo, NY 14219
(716) 823-6093

Southgate Optical Company
1028-B Union Rd.
Buffalo, NY 14224
(716) 674-6060

The Spec Shop
1176 Main St.
Buffalo, NY 14209
(716) 881-7926

Springville Eye Care LLC
25 E. Main St.
Springville, NY 14141
(716) 592-3322

Stanton Optical
2965 Sheridan Dr.
Tonawanda, NY 14150
(716) 831-3711

Sterling Optical
390 Main St.
Buffalo, NY 14202
(716) 854-2980

Sterling Optical
1202 Niagara Falls Blvd.
Tonawanda, NY 14150
(716) 833-7766

Sterling Optical
1881 Ridge Rd.
Buffalo, NY 14224
(716) 677-9800

Sterling Optical
4545 Transit Rd.
Buffalo, NY 14221
(716) 632-5497

Style N Eyes
2205 Kensington Ave.
Buffalo, NY 14226
(716) 632-0778

SVS Vision
4408 Milestrip Rd.
Buffalo, NY 14219
(716) 821-9199

SVS Vision
1551 Niagara Falls Blvd.
Buffalo, NY 14228
(716) 832-6172

Thomas Turtle Opticians
3718 Delaware Ave.
Buffalo, NY 14217
(716) 874-2345

Thomas Turtle Opticians
9346 Transit Rd.
E. Amherst, NY 14051
(716) 688-3944

Thomas Turtle Opticians
5430 Broadway St.
Lancaster, NY 14086
(716) 685-4050

Tim Wright Optician
5110 Main St., Ste. 109
Buffalo, NY 14221
(716) 565-1122

Tomasik Optical Inc.
1258 Electric Ave.
Buffalo, NY 14218
(716) 825-7434

Tomasik Optical Inc.
3800 N. Buffalo Rd.
Orchard Park, NY 14127
(716) 667-0004

Town Park Optical
2507 Harlem Rd.
Buffalo, NY 14225
(716) 893-0633

Troidl Optical
665 Cleveland Dr.
Buffalo, NY 14225
(716) 836-4949

James F. Twist MD PC
2156 Sheridan Dr.
Buffalo, NY 14223
(716) 873-7227

University Ophthalmology Services
3580 Sheridan Dr.,
Ste. 150
Buffalo, NY 14226
(716) 839-4949

Value Vision
154 French Rd.
Buffalo, NY 14227
(716) 668-0711

Value Vision
3035 Genesee St.
Buffalo, NY 14225
(716) 896-3351

Value Vision
2735 South Park Ave.
Buffalo, NY 14218
(716) 826-9230

Michael L. Vilaro MD
4800 N. French Rd.
E. Amherst, NY 14051
(716) 688-0996

Michael L. Vilaro MD
4804 N. French Rd.
E. Amherst, NY 14051
(716) 688-2614

Vision Care Center
2126 Niagara Falls Blvd.
Tonawanda, NY 14150
(716) 693-4606

The Visionary Center Niswander Eye
40 N. Union Rd.
Buffalo, NY 14221
(716) 634-4441

Visualeyes
3945 Main St.
Buffalo, NY 14226
(716) 832-3452

Wagner Optical Inc.
945 Broadway
Buffalo, NY 14212
(716) 845-6080

Western New York Eye Center
301 Sterling Dr.
Orchard Park, NY 14127
(716) 677-6500

Williamsville Optical
5467 Main St.
Buffalo, NY 14221
(716) 632-7944

Zilliox Optical Inc.
1777 Orchard Park Rd.
Buffalo, NY 14224
(716) 674-8446

Ronald E. Zydwicz
2130 Clinton St.
Buffalo, NY 14206
(716) 822-2628

Ronald E. Zydwicz
2138 Delaware Ave.
Buffalo, NY 14206
(716) 876-2010

GENESEE COUNTY

Batavia Optical Co.
31 Center St.
Batavia, NY 14020
(585) 343-5660

Classic Optical
44 Batavia City Ctr.
Batavia, NY 14020
(585) 343-1920

Council Opticians of Batavia
216 E. Main St.
Batavia, NY 14020
(585) 343-0633

Express Opticians
6 Court St.
Batavia, NY 14020
(585) 344-3278

Optique
113 Main St.
Batavia, NY 14020
(585) 344-1345

Place Eye Care
8663 East Main Rd.
LeRoy, NY 14482
(585) 538-6435

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

GENESEE COUNTY (cont'd.)

**University
Optical Corp.**
217 Summit St., Ste. A
Batavia, NY 14020
(585) 345-1147

MONROE COUNTY

**Allens Creek Family
Optometry**
20 Allens Creek Rd.,
Ste. 1
Rochester, NY 14618
(585) 461-6225

**Brighton Vision
Associates**
1924 Monroe Ave.
Rochester, NY 14618
(585) 271-7613

**Brockport
Optometry PC**
22 N. Main St.,
Ste. Lower
Brockport, NY 14420
(585) 637-2121

Cohen Fashion Optical
340 Miracle Mile Dr.
Rochester, NY 14623
(585) 475-0250

Robert A. Brown OD
880 Long Pond Rd.
Rochester, NY 14626
(585) 227-7030

**Cornerstone Eye
Associates**
2300 Buffalo Rd.,
Bldg 700
Rochester, NY 14624
(585) 328-0153

**Cornerstone Eye
Associates**
160 Sawgrass Dr.,
Ste. 220
Rochester, NY 14620
(585) 244-2200

**Cornerstone Eye
Associates**
485 Titus Ave.,
Ste. A
Rochester, NY 14617
(585) 266-7880

CVG Optometry LLC
3171 Chili Ave.,
Ste. 400
Rochester, NY 14624
(585) 889-9693

Executive Eyewear
3340 Monroe Ave.
Rochester, NY 14618
(585) 641-0756

**Eye Appeal Masters
In Vision**
1524 Culver Rd.
Rochester, NY 14609
(585) 288-7555

Eye Openers
2929 Monroe Ave.
Rochester, NY 14618
(585) 442-0123

Eyesite
2160 Penfield Rd.,
Ste. 100
Penfield, NY 14526
(585) 377-7090

Dr. James S. Ferrari
1729 Norton St.
Rochester, NY 14609
(585) 266-9090

Fine Eyecare Associates
381 White Spruce Blvd.
Rochester, NY 14623
(585) 424-5050

Gitlin Optical
2180 Monroe Ave.
Rochester, NY 14618
(716) 442-1720

H. Ted Woodcome OD
1425 Jefferson Rd.
Rochester, NY 14623
(585) 427-0780

Cecil J Haggerty MD
77 West Ave.
Brockport, NY 14420
(716) 637-3010

**Honeoye Falls Family
Eyecare**
201 W. Main St.
Honeoye Falls, NY 14472
(585) 582-6255

**Dr. Cary Kazdan &
Associates**
1671 Penfield Rd.
Penfield, NY 14526
(585) 586-6524

Barry T. Kissack OD
7 N. Main St.
P.O. Box 549
Honeoye Falls, NY 14472
(585) 624-2585

**Lankford Warner
Opticians**
1801 Penfield Rd.
Penfield, NY 14526
(585) 586-9110

Lenscrafters
The Mall At Greece
Ridge Ctr.
154 Greece Ridge
Ctr. Dr.
Rochester, NY 14626
(585) 227-8580

Lenscrafters
Marketplace Mall
121 Miracle Mile Dr.
Rochester, NY 14623
(585) 427-7600

Louis Velocci OD
20 Finn Rd., Ste. C
Henrietta, NY 14467
(585) 321-5581

**LPEC Medical
Eyecare PLLC**
6076 Brockport
Spencer Port Rd.
Brockport, NY 14420
(585) 637-3040

Monroe Eye Center
1644 Monroe St.
Rochester, NY 14618
(585) 442-1420

**Thomas H.
Ophardt OD**
15 Market St.
Brockport, NY 14420
(585) 395-9030

Pearle Vision
3349 Monroe Ave.
Rochester, NY 14618
(585) 381-1616

Pearle Vision
900 Holt Rd.
Webster, NY 14580
(585) 872-4006

Robbins Eye
1678 Empire Blvd.
Webster, NY 14580
(585) 787-2020

**Rochester Eye Care
Group PC**
30 N. Union St.
Rochester, NY 14607
(585) 232-2560

**Rochester Eye &
Laser Center**
1400 Portland Ave.,
Ste. 20
Rochester, NY 14621
(585) 342-3910

Rochester Optical
1260 Lyell Ave.,
Section 3-C
Rochester, NY 14606
(585) 254-0193

Rochester Optical
2150 W. Ridge Rd.
Rochester, NY 14626
(585) 723-2020

Sears Optical
Irondequoit Mall
1655 E. Ridge Rd.
Rochester, NY 14622
(585) 336-4580

Sears Optical
The Mall At Greece
Ridge Ctr.
1386 Long Pond Rd.
Rochester, NY 14626
(585) 227-5134

Sears Optical
Market Place Mall
10 Miracle Mile Dr.
Rochester, NY 14623
(585) 475-8280

Daniel E. Scheg OD
50 East Ave.
Hilton, NY 14468
(585) 392-6610

**Spencerport Family
Eyecare**
24 West Ave.
Spencerport, NY 14559
(716) 352-1960

Sterling Optical
160 Greece Ridge Ctr.
Rochester, NY 14626
(585) 227-6771

Sterling Optical
3400 Monroe Ave.
Rochester, NY 14618
(585) 248-0086

Sterling Optical
3333 W. Henrietta Rd.
Rochester, NY 14623
(585) 424-5970

**Barbara Sulewski OD
Welpley & Paul
Opticians**
1790 Monroe Ave.
Rochester, NY 14618
(585) 473-1800

The Towpath Optician
20 West Ave.
Brockport, NY 14420
(585) 637-5858

**Time Worth Seeing
Licensed Opt.**
3199 Ridge Rd. W.,
Ste. B
Rochester, NY 14626
(585) 723-3550

**Vision Associates Of
Rochester**
400 Jefferson Rd.
Rochester, NY 14623
(585) 427-7230

**Visionary Eye
Associates**
603 Ridge Rd.
Webster, NY 14580
(585) 671-3300

**Visionary Eye
Associates**
169 Rue De Ville
Rochester, NY 14618
(585) 271-2990

**Webster Eyecare
Associates**
81 E. Main St.
Webster, NY 14580
(585) 265-3710

Jeffrey Weissman OD
4404 Dewey Ave.
Rochester, NY 14616
(585) 334-7262

Jeffrey Weissman OD
2824 E. Henrietta Rd.
Henrietta, NY 14467
(585) 334-7262

**Kevin B. Wynne
OD PLLC**
56 State St.
Pittsford, NY 14534
(585) 381-4640

**Westside Fashion
Optical**
3225 Chili Ave.
Rochester, NY 14624
(585) 571-9034

**Whelpley & Paul
Opticians**
183 E. Main St., Ste. 105
Rochester, NY 14604
(585) 546-7790

**Whelpley & Paul
Opticians**
350 Elm Ridge Ctr. Dr.
Rochester, NY 14626
(585) 225-3360

Whelpley & Paul Inc.
3180 Latta Rd., Ste. 300
Rochester, NY 14612
(585) 663-6655

Whelpley & Paul Inc.
1790 Monroe Ave.
Rochester, NY 14618
(585) 473-1800

Whelpley & Paul Inc.
950 Ridge Rd.
Webster, NY 14580
(585) 671-6630

NIAGARA COUNTY

**20/20 Westside
Eyecare**
151 Buffalo Ave.,
Ste. 206
Niagara Falls, NY 14303
(716) 284-9449

Arthur M. Atkinson LLC
8962 Porter Rd.
Niagara Falls, NY 14304
(716) 297-4994

**Baker Optical
Company**
7900 Buffalo Ave.
Niagara Falls, NY 14304
(716) 283-8746

**Council Opticians
of Lockport**
6624 Lincoln Ave.
Lockport, NY 14094
(716) 433-8235

**Council Opticians
of Niagara**
7600 Third Ave.
Niagara Falls, NY 14304
(716) 298-8182

Davison Road Optical
500 Davison Rd.
Lockport, NY 14094
(716) 434-8063

East Ave. Vision Center
215 East Ave.
Lockport, NY 14094
(716) 434-2874

**Eye Care & Vision
Associates**
6917 Plaza Dr.
Niagara Falls, NY 14304
(716) 297-1700

**Charles J. Fetterman
MD PC**
2596 William St.
Newfane, NY 14108
(716) 434-7505

**Charles J. Fetterman
MD PC**
70 Professional Pkwy.
Lockport, NY 14094
(716) 434-7505

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

NIAGARA COUNTY (cont'd.)

Claus M. Fichte MD
2400 Pine Ave.
Niagara Falls, NY 14301
(716) 282-1114

Gary Optical
900 Center St.
Lewiston, NY 14092
(716) 754-2555

George Optical Co.
1523 Pine Ave.
Niagara Falls, NY 14301
(716) 282-7377

Joseph S. Hargrave OD
225 Portage Rd.
Lewiston, NY 14092
(716) 754-8816

Kevin D. Komm OD
2200 Military Rd.
Niagara Falls, NY 14304
(716) 297-9115

**Edward A.W.
Legarreta MD**
667 Davison Rd.
Lockport, NY 14094
(716) 433-0091

Licata Optical Co. Inc.
5683 S. Transit Rd.
Lockport, NY 14094
(716) 433-1844

Lockport Optical
36 East Ave.
Lockport, NY 14095
(716) 434-6900

Mid City Opticians
968 Payne Ave.
N. Tonawanda, NY 14120
(716) 692-5480

**Newfane Family
Eyecare**
2731 Main St.
Newfane, NY 14108
(716) 778-0926

Niagara Labmasters Inc.
1635 Military Rd.
Niagara Falls, NY 14304
(716) 297-9115

Sears Optical
Summit Park Mall
6929 Williams Rd.
Niagara Falls, NY 14304
(716) 298-3284

Sears Optical
Wal-Mart/Tops Plaza
5839C S. Transit Rd.
Lockport, NY 14094
(716) 439-4388

**Andrew J. Siedlecki
MD PC**
84 Sweeney St.
N. Tonawanda, NY 14120
(716) 634-8500

**Thomas Turtle
Opticians**
444 Payne Ave.
P.O. Box 830
N. Tonawanda, NY 14120
(716) 693-1280

ORLEANS COUNTY

Batavia Optical Co.
15 E. Bank St.
Albion, NY 14411
(585) 589-5531

Lockport Optical
415 Main St.
Medina, NY 14103
(585) 798-4671

**LPEC Medical
Eyecare PLLC**
500 Erie St. S.
Medina, NY 14103
(585) 798-2020

**Medina Optical
Fashions**
414 Main St.
Medina, NY 14103
(716) 798-4930

WYOMING COUNTY

Dee Opticians
20 Market St.
Attica, NY 14011
(585) 591-2210

University Optical
One Parker Ln., Ste. A
Perry, NY 14530
(585) 237-2064

**University
Optical Corp.**
2469 State Rte. 19
Ste. A
Warsaw, NY 14569
(585) 786-8505

Warsaw Opticians
2447 N. Main St.
Warsaw, NY 14569
(585) 786-5075

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]



Take care of your mind,
body, and spirit.



BlueCross BlueShield
of Western New York

healthy changes **everything.**®

www.bcbswny.com

BlueCross BlueShield of Western New York is a division of HealthNow New York, Inc., an independent licensee of the BlueCross BlueShield Association.

WNY_4999_2_12 BCBS854 v1