

Your Wellness and Discount Guide



healthy changes
everything.®

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



Y0086 H9788_MRK746 CMS Approved 09092011

contact us

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



www.bcbswny.com/medicare



1-800-329-2792

TTY users should call 1-877-834-6918

October 15-February 14
8 a.m. to 8 p.m., 7 days a week

February 15-October 14
8 a.m. to 8 p.m., Monday-Friday

During non-business hours, your call will be answered by our automated phone system. A representative will return your call on the next business day.

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.

We've partnered with organizations across the community to provide you with valuable discounts. Inside this booklet you'll find information on our \$0 copay gym memberships and preventive care services benefits, as well as special savings on recreation and fitness classes, massage therapy, acupuncture, and more. We want to provide you with all the resources you need to live a happier, healthier life.

As a BlueCross BlueShield member, you'll have access to all these discounts and more. For the most up-to-date discount information please click on health and wellness at www.bcbswny.com or call customer service at 1-800-329-2792, TTY users should call 1-877-834-6918, October 15-February 14, 8 a.m. to 8 p.m., 7 days a week. February 15-October 14, 8 a.m. to 8 p.m., Monday-Friday. During non-business hours, your call will be answered by our automated phone system. A representative will return your call the next business day.

Start using your discount booklet today and enjoy the additional services that your BlueCross BlueShield membership brings you.



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Included as part of your BlueCross BlueShield membership is a no-cost gym membership at local, participating gyms. And because an ounce of prevention is worth a pound of cure, your benefits also include \$0 copay preventive health services.
keep moving, be flexible, stay well.

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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	13	Kidney Disease	20
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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.

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Acupuncture and Massage Therapy*

Health encompasses your physical, spiritual, and mental states. Complement your medical care with massage therapy and acupuncture.
a holistic approach to health.

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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.

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*The products and services described above are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the BlueCross BlueShield of Western New York grievance process.



“We do not stop exercising because we grow old – we grow old because we stop exercising.”

- Dr. Kenneth Cooper, Cooper Institute

\$0 Copay Wellness Benefits

\$0 Copay FitBlue Gym Membership*

To enroll in FitBlue:

- 1 Wait for your Senior Blue HMO or Forever Blue Medicare PPO card to come in the mail.
- 2 Call 1-877-434-8258 to enroll with FitBlue using the member identification numbers on your ID card. The program is provided at a \$0 copayment to all eligible Senior Blue HMO or Forever Blue Medicare PPO members.
- 3 Once you receive your FitBlue card in the mail, present it at one of the participating facilities listed below. Please allow three weeks for delivery of your FitBlue card.
- 4 If the gym you choose has a \$1-\$50 annual membership fee, we will reimburse you for 100% of the cost. Simply call 1-877-434-8258 for a reimbursement form.

ALLEGANY COUNTY

Brewers Fitness Gym
21 Main St.
Belfast, NY 14711
(585) 808-8646

CATTARAUGUS COUNTY

Eade Fitness 24/7
502 N. Union St.
Olean, NY 14760
(716) 372-9444

New Beginnings Ladies Fitness
649 E. State St.
Salamanca, NY 14749
(716) 945-1110

WNY Physical and Occupational Therapy Group
6133 Route 219 S., Ste. 1002
Ellicottville, NY 14731
(716) 699-2312

WNY Physical and Occupational Therapy Group
4039 Route 219 Ste. 104
Salamanca, NY 14779
(716) 945-2484

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

CHAUTAUQUA COUNTY

Cassadaga Valley Central School Fitness Center
5935 Route 60
P.O. Box 540
Sinclairville, NY 14782
(716) 962-5155

Chautauqua Health and Fitness
1170 Central Ave.
Dunkirk, NY 14048
(716) 363-6383

Clarion Hotel and Fitness Center
30 Lake Shore Dr. E.
Dunkirk, NY 14048
(716) 366-8350

* This benefit is not available with the MSA product option. Palladian is an independent company that administers the \$0 Copay Gym FitBlue Membership benefit.

\$0 Copay Wellness Benefits (cont'd.)

\$0 Copay FitBlue Gym Membership (cont'd.)

CHAUTAUQUA COUNTY (cont'd.)

Curves – Falconer
25 B W. Main St.
Falconer, NY 14733
(716) 664-4114

Curves – Lakewood
318 E. Fairmount Ave.,
Ste. 212
Lakewood, NY 14750
(716) 763-3838

Darwin's Health Club
47-53 Water St.
Fredonia, NY 14063
(716) 679-1591

JCC Total Fitness
525 Falconer St.
Jamestown, NY 14701
(716) 338-1260

Snap Fitness – Jamestown
764 Foote Ave.
Jamestown, NY 14701
(716) 661-3690

Snap Fitness – Jamestown
707 Fairmount Ave.
Jamestown, NY 14701
(716) 338-9882

YMCA – Jamestown
101 E. 4th St.
Jamestown, NY 14701
(716) 664-2802

YMCA – Lakewood
183 E. Fairmount Ave.
Lakewood, NY 14750
(716) 763-0303

YWCA – Westfield
58 S. Portage St.
Westfield, NY 14787
(716) 326-2011

ERIE COUNTY

BAC Express
3896 Union Rd.,
Ste. 100
Cheektowaga, NY 14225
(716) 565-0008

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

BAC for Women
480 Evans Rd.
Williamsville, NY 14221
(716) 634-7867

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

Buffalo Athletic Club
1185 Niagara Falls Blvd.
Amherst, NY 14226
(716) 833-5226

Buffalo Athletic Club
69 Delaware Ave.
Buffalo, NY 14202
(716) 845-6660

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

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

Catholic Health Club of Buffalo
506 Delaware Ave.
Buffalo, NY 14202
(716) 882-0226

Curves – Akron
13035 Main Rd.
Route 5
Akron, NY 14001
(716) 542-5615

Curves – Amherst
1628 Hopkins Rd.
Amherst, NY 14221
(716) 636-8875

Curves – West Seneca
4184 Seneca St.,
Ste. 104
West Seneca, NY 14224
(716) 677-4777

Fit For Her Life
15 Willow Ridge Dr.
Amherst, NY 14228
(716) 691-3501

Fitness Factory – West Seneca
1012 Union Rd.
West Seneca, NY 14224
(716) 675-7770

Fitness Factory – Lancaster
6 W. Main St.
Lancaster, NY 14086
(716) 683-7373

Gold's Gym – Hamburg
23 Lake St.
Hamburg, NY 14075
(716) 648-0677

Gold's Gym – Cheektowaga
770 Wehrle Dr.
Cheektowaga, NY 14225
(716) 626-1963

*A \$5.00 annual membership fee applies

Gold's Gym – Depew
1402 French Rd.
Depew, NY 14043
(716) 656-1530

*A \$5.00 annual membership fee applies

Hive Lifespan Center
9570 Transit Rd.
E. Amherst, NY 14051
(716) 625-4483

Island Fitness Center
100 Whitehaven Rd.
Grand Island, NY 14072
(716) 773-0729

JCC Buffalo
787 Delaware Ave.
Buffalo, NY 14209
(716) 886-3145

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

Ladies Workout Express
5497 Broadway
Lancaster, NY 14086
(716) 681-8636

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

*A \$10.00 annual membership fee applies

Platinum Health and Fitness
9450 Transit Rd.
E. Amherst, NY 14051
(716) 688-7100

Prism Health and Fitness
6460 Main St.
Williamsville, NY 14221
(716) 204-1477

Pulse Health and Fitness
2875 Union Rd.,
Ste. 350
Cheektowaga, NY 14227
(716) 681-9455

Snap Fitness – Derby
6950 Erie Rd.
Derby, NY 14047
(716) 947-9010

Snap Fitness – Depew
5175 Broadway
Depew, NY 14043
(716) 651-0013

Snap Fitness – E. Aurora
650 Main St.
E. Aurora, NY 14052
(716) 655-6600

Snap Fitness – Orchard Park
4180 N. Buffalo St.
Orchard Park, NY 14127
(716) 508-8400

Spring Creek Athletic Club
243 W. Main St.
Springville, NY 14141
(716) 592-2000

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

Step-By-Step PT – Akron
56 Main St.
Akron, NY 14001
(716) 542-1135

Summit Gymnastics and Fitness Center
941 Maple St.
Elma, NY 14059
(716) 652-5334

Terrie's Workout Center
1481 Hertel Ave.
Buffalo, NY 14216
(716) 833-6529

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

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

Town of Hamburg Senior Services Fitness Center
4150 Sowles Rd.
Hamburg, NY 14075
(716) 646-0665

Town of Hamburg Recreation
2982 Lakeview Rd.
Hamburg, NY 14075
(716) 646-5145

Town of Tonawanda Aquatic and Fitness Center
1 Pool Plaza
Buffalo, NY 14223
(716) 876-7424

West Seneca Senior Center
4620 Seneca St.
West Seneca, NY 14224
(716) 675-9288

WNY Physical and Occupational Therapy Group
6301 Transit Rd.
Depew, NY 14043
(716) 684-0400

WNY Physical and Occupational Therapy Group
2700 N. Forest Rd.
Getzville, NY 14068
(716) 639-3311, ext. 2475

WNY Physical and Occupational Therapy Group
12395 Olean Rd.
Chaffee, NY 14030
(716) 496-5550

World Gym – Hamburg
5110 Camp Rd.
Hamburg, NY 14075
(716) 646-4141

World Gym – Cheektowaga
540 Dick Rd.
Cheektowaga, NY 14043
(716) 681-7535

YMCA – Delaware Family
2564 Delaware Ave.
Buffalo, NY 14216
(716) 875-1283

*A \$50.00 annual membership fee applies

YMCA – Ellicott-Masten Family
585 William St.
Buffalo, NY 14206
(716) 845-5440

*A \$50.00 annual membership fee applies

YMCA – Ken-Ton Family
535 Belmont Ave.
Kenmore, NY 14223
(716) 874-5051

*A \$50.00 annual membership fee applies

YMCA – Northeastern Family
4433 Main St.
Amherst, NY 14226
(716) 839-2543

*A \$50.00 annual membership fee applies

YMCA – Southtowns Family
1620 Southwestern Blvd.
West Seneca, NY 14224
(716) 674-9622

*A \$50.00 annual membership fee applies

\$0 Copay Wellness Benefits (cont'd.)

\$0 Copay FitBlue Gym Membership (cont'd.)

GENESEE COUNTY

Curves – Batavia
563 E. Main St.
Batavia, NY 14020
(585) 343-3535

Curves – LeRoy
52 Main St.
LeRoy, NY 14482
(585) 768-9555

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

Sports Plus Physical Therapy
8276 Park Rd.
Batavia, NY 14020
(585) 343-9496

YMCA – Batavia
209 E. Main St.
Batavia, NY 14020
(585) 344-1664

*A \$20.00 annual membership fee applies

MONROE COUNTY

RAC for Women – Greece
1550 W. Ridge Rd.
Rochester, NY 14615
(585) 621-3333

RAC for Women – Perinton
36 Perinton Hills Mall
Fairport, NY 14450
(585) 223-1111

RAC for Women – Pittsford
3400 Monroe Ave.
Rochester, NY 14618
(585) 899-6666

RAC – Greece Ridge
190 Greece Ridge Ctr. Dr.
Rochester, NY 14626
(585) 225-8888

RAC – Henrietta
21 Goodway Dr.
Rochester, NY 14623
(585) 424-2222

NIAGARA COUNTY

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

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

Curves – Sanborn
2968 Saunders Settlement Rd.
Sanborn, NY 14132
(716) 731-1499

Curves – Lockport
147 Washburn St.
Lockport, NY 14094
(716) 433-3398

Fitness 19
1049 Payne Ave.
N. Tonawanda, NY 14120
(716) 743-1919

Lockport Athletic and Fitness
6017 S. Transit Rd.
Lockport, NY 14094
(716) 439-5232

*A \$20.00 annual membership fee applies

Niagara Health and Fitness Center
734 Cayuga St.
Lewiston, NY 14092
(716) 754-4474

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

*A \$20.00 annual membership fee applies

WNY Physical and Occupational Therapy Group
5875 S. Transit Rd.
Lockport, NY 14094
(716) 433-9058

World Gym – Niagara Falls
2429 Military Rd.
Niagara Falls, NY 14304
(716) 297-5107

YMCA – Niagara Falls Family
1317 Portage Rd.
Niagara Falls, NY 14301
(716) 285-8491

*A \$50.00 annual membership fee applies

ORLEANS COUNTY

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

YMCA – Medina
306 Pearl St.
Medina, NY 14103
(585) 798-2040

WYOMING COUNTY

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

Curves – Arcade
263 Main St.
Arcade, NY 14065
(585) 653-5033

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

Fitness Works
121 Prospect St.
Attica, NY 14011
(585) 708-4126

Step-By-Step PT – Attica
120 Prospect St.
Attica, NY 14011
(585) 591-3082

Step-By-Step PT – Perry
3 Handley St.
Perry, NY 14530
(585) 237-3050

Step-By-Step PT – Warsaw
2333 N. Main St.
Warsaw, NY 14569
(585) 786-8700

The Fit Stop Fitness Center
3631 Main St.
Strykersville, NY 14145
(585) 457-3386

YMCA – Warsaw
115 Linwood Ave.
Warsaw, NY 14569
(585) 786-2880

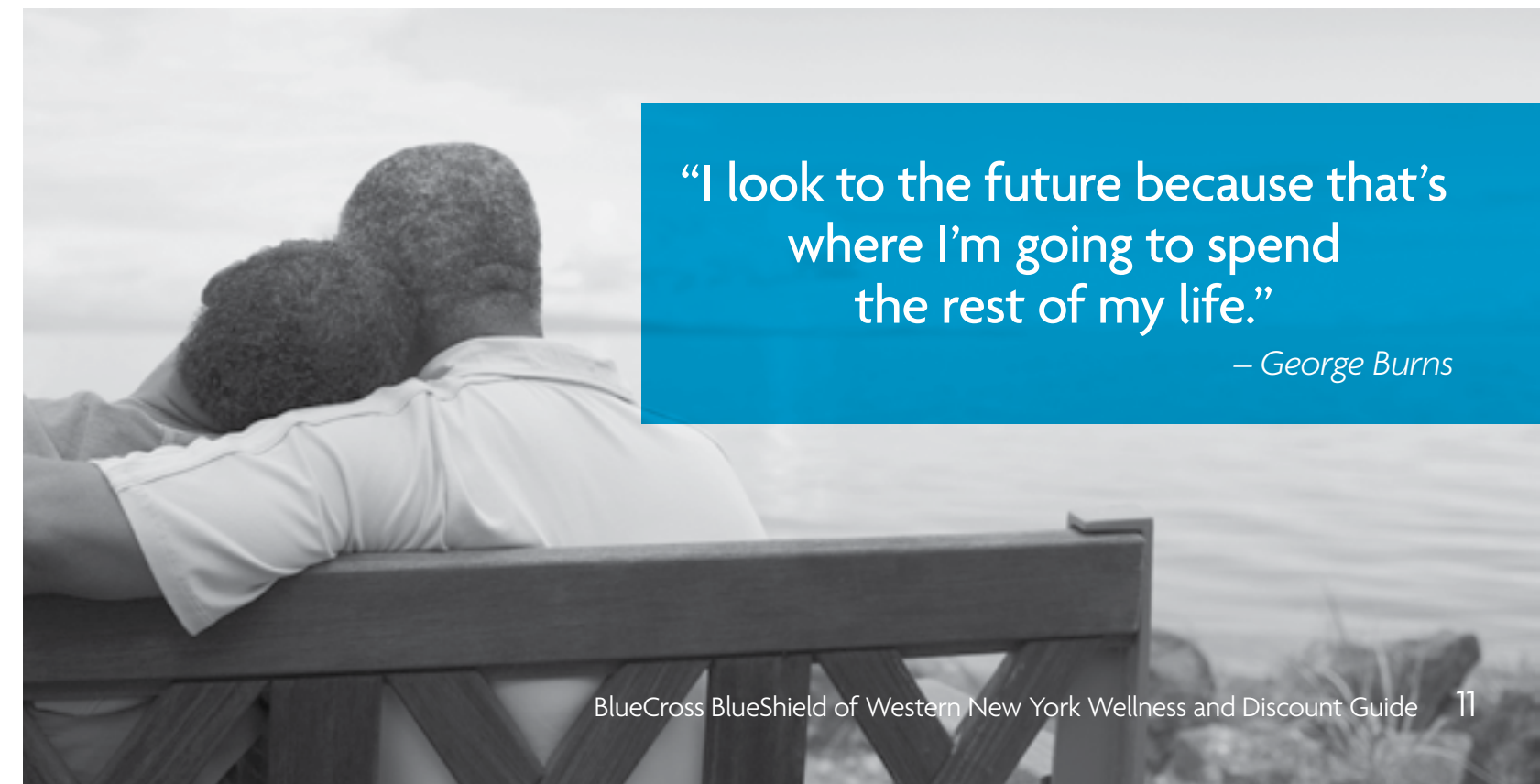
*A \$20.00 annual membership fee applies

\$0 Copay Preventive Services*

\$0 copay for all preventive services covered under Original Medicare at zero cost sharing:

- Abdominal Aortic Aneurysm Screening
- Bone Mass Measurement
- Cardiovascular Screening
- Cervical and Vaginal Cancer Screening (Pap Test and Pelvic Exam)
- Colorectal Cancer Screening
- Diabetes Screening
- Influenza Vaccine
- Hepatitis B Vaccine
- HIV Screening
- Breast Cancer Screening (Mammogram)
- Personalized Prevention Plan Services (Annual Wellness Visits)
- Pneumococcal Vaccine
- Prostate Cancer Screening (Prostate Specific Antigen [PSA] test only)
- Smoking Cessation (Counseling to stop smoking)
- Welcome to Medicare Physical Exam (Initial Preventive Physical Exam)

*MSA members must meet their annual deductible before they are eligible for \$0 copay preventive services.



“I look to the future because that’s where I’m going to spend the rest of my life.”

– George Burns



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

ERIE COUNTY

BWI Promotions
(716) 992-2732
www.bwihp.com

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

Living With Arthritis

Learn what causes arthritis and how to manage it by making lifestyle changes. Participants will receive individual exercise prescriptions to improve their fitness level and quality of life. (90 minutes)

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

BWI Promotions
(716) 992-2732
www.bwihp.com

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

Breathing Easy: Living with Asthma

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

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)

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

^{***}This benefit is not available with the MSA product option.

Community Wellness Programs (cont'd.)

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)

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)

BWI Health Promotions
(716) 992-2732
www.bwihp.com

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

Heart Healthy for Life
Learn how to take responsibility for your heart health. You'll take a cardiovascular disease risk assessment and then learn how to modify risk factors to keep your heart healthy. (90 minutes)

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)

Susan L. Rizzo RD, CDN
(716) 655-5656

Registration Required. Call to find out about class schedule and location.

Fat: Friend or Foe
Learn about saturated and unsaturated fats, trans-fats, omega-3 and omega-6 fats and cholesterol. Get tips on how to reduce your intake of excessive fat. (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)

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.

Community Wellness Programs (cont'd.)

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)

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.

Community Wellness Programs (cont'd.)

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

BWI Health Promotions

(716) 992-2732
www.bwihp.com

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

Injury Prevention at Home, Work and Play.

This prevention workshop offers adults the tools for reducing neck and back injuries. Discussions include: work station design, at-home modifications, proper body mechanics, lifting techniques, and stretches in order to enhance overall health and well-being. (90 minutes)

Beginning Exercise Principles

This class teaches adults the key components and benefits of fitness (aerobic exercise, muscular strength and endurance, flexibility, and body composition), and helps them adopt strategies to incorporate daily exercise. (90 minutes)

Family Health & Nutrition

Learn the basics about nutrition, eating habits, behavior change, disease prevention, stress management, and family health and fitness. (90 minutes)

Teaching Responsibility for Your Health

This program equips participants with the knowledge, skills and tools necessary to take responsibility for their own personal health and wellness. (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.

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)

Community Wellness Programs (cont'd.)

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.

Back School

Learn about the anatomy of the spine, causes of back injury, correct posture, proper lifting techniques and other means of prevention. (1 hour)

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)

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)

Buffalo Athletic Club

1185 Niagara Falls Blvd.
Amherst, NY 14226
(716) 204-8880

Stride Through Stress

Learn practical strategies that will help you handle the demands of a busy life and create more peace of mind. (90 minutes)

BWI Health Promotions

(716) 992-2732
www.bwihp.com

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

Humor and Health

Learn the role of humor and positive psychology in helping to reduce stress and ultimately enhance overall well-being. (90 minutes)

Stress: The Constant Challenge

Learn how to identify and manage everyday stress through effective relaxation techniques. (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.

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)

Community Wellness Programs (cont'd.)

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)

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 Weigh 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)

Buffalo Athletic Club

1185 Niagara Falls Blvd.
Amherst, NY 14226
(716) 204-8880

The Power to Move

Increase your understanding of fitness, including heart health, muscular strength, and flexibility. Learn how to set safe, realistic goals and incorporate strategies to stay motivated and committed to a healthy, active lifestyle. (90 minutes)

BWI Health Promotions

(716) 992-2732
www.bwihp.com

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

Common Sense Health and Nutrition

This adult weight loss program is designed to introduce basic information about personal nutrition, eating habits, behavior change, disease prevention, stress management, family health and exercise. (Ten 1-hour sessions)

Eating Sensibly

Program addresses daily activities involving food choices, eating behaviors/patterns and exercise. (90 minutes)

Community Wellness Programs (cont'd.)

Holistic & Mindful Cooking

Learn how to identify harmful vs. healthy food ingredients. Includes shopping tips, hands-on cooking demonstration and taste testing. (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.

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)

Susan L. Rizzo RD, CDN

(716) 655-5656

Registration required. Call to find out about class schedule and locations.

Dining Out and Holiday Eating

Make healthier food choices when dining out and during the holidays. Everything from fine dining to fast food is discussed. (1 hour)

Fiber Fabulous

Learn about fiber intake, what insoluble and soluble fibers are, and all of their benefits. (1 hour)

Food Pyramid for Life

Learn about the foundation for good eating habits. The class discusses the basic food groups and their portion sizes for weight loss and weight management. (1 hour)

Making Sense of Reading Food Labels

Use nutrition labels to make quick, informative food choices that can contribute to a healthy lifestyle. (1 hour)

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)

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

Community Wellness Programs (cont'd.)

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)

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.

Smoke No More

This program helps participants understand why they smoke and how smoking impacts their health and overall life, as well as the benefits to quitting and effective ways to quit. (Four 1-hour sessions)

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)

BWI Health Promotions

(716) 992-2732
www.bwihp.com

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

Jump Start Your Fitness

Participants learn the key components of fitness and participate in exercise classes designed to improve their aerobic capacity, muscular strength and endurance, flexibility and core strength. Proper breathing and relaxation techniques are also emphasized. (Ten 1-hour sessions)

Jewish Community Center

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

*This benefit is not available with the MSA product option.

Recreation and Fitness (cont'd.)

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)

Prism Health and Wellness
6460 Main St.
Williamsville, NY 14221
(716) 204-1477

Call or stop by for a class schedule.

Basics of Fitness and Exercise

This class takes individuals with minimal knowledge of the basic components of fitness through a comprehensive exercise program. Includes instruction on key components of fitness, pre- and post-fitness assessments and hands-on instruction/performance of aerobic exercise and anaerobic exercise in order to improve participant's cardiovascular health and overall strength/endurance. (Eight 1-hour sessions)

Zumba

Zumba features interval training sessions where fast and slow rhythms and resistance training are combined to maximize aerobic and anaerobic capacities. Zumba tones and sculpts while burning calories in a fun, highly energized workout. (Eight 1-hour sessions)

Flexercise

Flexercise uses physioballs to teach participants stretching and mild strength training. This program will help to maintain joint mobility, decrease low back pain and improve posture and balance. (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)

CATTARAUGUS COUNTY

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

Recreation and Fitness (cont'd.)

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)

BWI Health Promotions

(716) 992-2732
www.bwihp.com

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

Pilates

Pilates is a low-intensity, mind and body exercise program designed to increase flexibility and tone/strengthen core muscles while improving overall physical and mental wellness. (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)

Prism Health and Wellness

6460 Main St.
Williamsville, NY 14221
(716) 204-1477

Call or stop by for a class schedule.

The Basics of Pilates

Pilates is a mind and body conditioning exercise designed to increase flexibility and strength without building bulk. It is a form of core training that will improve posture, reduce low back pain, reduce stress and increase energy levels. (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.

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)

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)

Prism Health and Wellness

6460 Main St.
Williamsville, NY 14221
(716) 204-1477

Call or stop by for a class schedule.

The Basics of Tai Chi

Participants will learn proper Tai Chi form and technique through this total mind and body conditioning. Program aids in healing, prevention, and maintenance of overall health and wellness. (Eight 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)

BWI Health Promotions

(716) 992-2732
www.bwihp.com

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

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. (Ten 1-hour sessions)

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)

Recreation and Fitness (cont'd.)

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)

Prism Health and Wellness

6460 Main St.
Williamsville, NY 14221
(716) 204-1477

Call or stop by for a class schedule.

The Basics of Yoga

Participants will learn proper Yoga form and technique. Program aids in healing, prevention, and maintenance of overall health and wellness.
(Eight 1-hour sessions)

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)



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636 N. French Rd.,
Ste. 6
Amherst, NY 14228
(716) 694-6081

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45 Brantford Pl.
Buffalo, NY 14222
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Buffalo, NY 14211
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Fairport, NY 14450
(585) 223-7880

Xue-Cheng Shang
6605 Pittsford-
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Fairport, NY 14450
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* For the most up-to-date listing of acupuncture and massage therapy providers, click on 'Health and Wellness' at bcbswny.com. If you have questions regarding these discounts, call FitBlue customer service at 1-877-434-8258 or 1-716-712-2830.

Acupuncture and Massage (cont'd.)

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ERIE COUNTY

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8180 Wehrle Dr.
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Clarence Center,
NY 14032
(716) 444-3331

Acupuncture and Massage (cont'd.)

ERIE COUNTY (cont'd.)

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(716) 432-1288

Shanthy Jayakumar
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(716) 832-0058

Maralynn Johnson
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West Seneca, NY 14224
(716) 553-6483

Discount: 20%

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2448 Union Rd.
Cheektowaga, NY 14227
(716) 656-0200

Discount: 15%

Kari Kalczynski
3915 Sheridan Dr.
Amherst, NY 14226
(716) 632-7465

Discount: 20%

Becky Kedge
4390 Quinby Dr., Ste. H
Hamburg, NY 14075
(716) 984-8798

David Kimball
1400 Sweet Home Rd.,
Ste. 3
Amherst, NY 14228
(716) 864-1563

295 Main St., Ste. 11B
Buffalo, NY 14203
(716) 852-2696

Discount: 25%

Kari Klentos
9159 Main St.
Clarence, NY 14031
(716) 995-7455

Wendy Lane
5225 Sheridan Dr.
Williamsville, NY 14221
(716) 626-4466

Discount: 15%

Jill Lindell
928 French Rd.
Cheektowaga, NY 14227
(716) 668-8021

Discount: 15%

Teresa Lirussi
4917 William St.,
Ste. A
Lancaster, NY 14086
(716) 706-0005

Discount: 20%

Judith Little
42 S. Warsaw St.
Depew, NY 14043
(716) 913-8370

Discount: 25%

Deborah Lovalo
295 Main St.
Buffalo, NY 14203
(716) 864-3678

Discount: 25%

Melissa Lukitsch
1620 Southwestern Blvd.
West Seneca, NY 14224
(716) 592-3808

Discount: 20%

Jean Marie
4390 Quinby Dr.,
Ste. D-5
Hamburg, NY 14075
(716) 515-5254

Discount: 15%

Jennifer Martino
181 Allen St.
Buffalo, NY 14201
(716) 870-0240

Discount: 20%

Colleen J. Marx
4050 Ridge Lea Rd.
Amherst, NY 14228
(716) 696-0712

7 Cowper Circle
Tonawanda, NY 14150
(716) 696-0712

Discount: 20%

Mary Masterson
33 Longmeadow Dr.
E. Aurora, NY 14052
(716) 652-2644

Discount: 15%

Christopher McCann
6929 Erie Rd.
Derby, NY 14047
(716) 947-9028

Discount: 15%

Jane Meech
4201 N. Buffalo Rd.
Orchard Park, NY 14127
(716) 662-2713

Discount: 15%

Valerie Millard
295 Main St., Ste. 740
Buffalo, NY 14203
(716) 854-4555

Discount: 25%

Rachel Minniefield
4565 Clark St.
Hamburg, NY 10475
(716) 598-8500

Discount: 20%

Tracy Morrella
6929 Erie Rd.
Derby, NY 14047
(716) 947-9028

Discount: 20%

Julia Natrass
4390 Quinby Dr., Ste. D
Hamburg, NY 14075
(716) 597-7053

Discount: 15%

James Nowak
229 Lake St.
Hamburg, NY 14075
(716) 888-0456

Discount: 20%

Katherine O'Donnell
450 Central Ave., Ste. A
Lancaster, NY 14086
(716) 683-5012

Discount: 10%

Jamal O'Neill
3083 William St., Ste. 4
Cheektowaga, NY 14227
(716) 544-0753

Discount: 10%

Janice Ordon
4917 William St., Ste. A
Lancaster, NY 14086
(716) 706-0005

Discount: 10%

Justin Ordon
4917 William St., Ste. A
Lancaster, NY 14086
(716) 706-0005

Discount: 20%

Andres Orffeo
2122 Eggert Rd., Ste 1
Amherst, NY 14226
(716) 834-6001

Discount: 10%

Ann Orffeo
2122 Eggert Rd., Ste. 1
Amherst, NY 14226
(716) 834-6001

Discount: 10%

Lisa Oryszak
154 Cazenovia St.
Buffalo, NY 14210
(716) 866-2066

Discount: 10%

Lisa Plaster
3959 N. Buffalo Rd.,
Ste. 16
Orchard Park, NY 14127
(716) 667-0855

Discount: 10%

Alysia Plewa
90 Hamburg St.
E. Aurora, NY 14052
(716) 655-2533

271 W. Main St.
Springville, NY 14141
(716) 655-2533

Discount: 10%

Kathleen Prendergast
210 E. Main St.
Springville, NY 14141
(716) 560-7315

Discount: 10%

Elizabeth Quesenberry
6929 Erie Rd.
Derby, NY 14047
(716) 549-4209

Kristin Quinn
1100 Southwestern Blvd.
West Seneca, NY 14224
(716) 912-1208

Discount: 20%

Mary Raczka
203 Boncroft Dr.
West Seneca, NY 14224
(716) 674-3956

486 Walnut Ave.
Angola, NY 14006
(716) 444-5654

Discount: 25%

Jamie Randall
160 Arlington Place
Depew, NY 14043
(716) 685-2290

Discount: 10%

Lori Randles
160 North St.
Buffalo, NY 14201
(716) 885-1581

Discount: 20%

Valli Ray
338 Harris Hill Rd.,
Ste. 110
Williamsville, NY 14221
(716) 634-4520

Discount: 15%

Kathleen Regan
160 North St.
Buffalo, NY 14201
(716) 885-1581

313 Elmwood Ave.
Buffalo, NY 14222
(716) 885-1581

Discount: 20%

Kerry Reich
4538 Clark St.
Hamburg, NY 14075
(716) 445-7851

Discount: 20%

Maria Rizzo
162 Mill St.
Williamsville, NY 14221
(716) 913-5628

Discount: 10%

Bonnie Roesch
372 Ellen Dr.
Cheektowaga, NY 14225
(716) 626-0232

Discount: 25%

Theresa Roesler
265 Union St.
Hamburg, NY 14075
(716) 649-8460

1900 Ridge Rd., Ste. 127
West Seneca, NY 14224
(716) 677-2969

Discount: 15%

Hope Rogers
90 Hamburg St.
E. Aurora, NY 14052
(716) 655-2533

Discount: 10%

Sandy Rosten
6179 W. Quaker St.
Orchard Park, NY 14127
(716) 408-7491

Discount: 15%

Michael Russ
5102 Transit Rd.
Depew, NY 14043
(716) 341-5152

Discount: 20%

Diane Russell
5893 Camp Rd., Ste. 1
Hamburg, NY 14075
(716) 472-3333

Discount: 10%

Erin Russo
191 Delaware St.
Tonawanda, NY 14150
(716) 692-1711

Discount: 10%

Tami Russo
33 Gates Cir., Ste. 1A
Buffalo, NY 14209
(716) 885-2872

Discount: 20%

Michelle Sablan
704 Beach Rd.
Cheektowaga, NY 14225
(716) 632-2207

326 Cayuga Rd.
Cheektowaga, NY 14225
(716) 632-7373

Discount: 20%

Acupuncture and Massage (cont'd.)

ERIE COUNTY (cont'd.)

Brenda Samuel
372 Ellen Dr.
Cheektowaga, NY 14225
(716) 462-0053

Discount: 10%

Jennifer Sawynsky
181 Allen St.
Buffalo, NY 14201
(716) 870-0240

Discount: 20%

Susan Sayles
229 Main St.
Hamburg, NY 14075
(716) 491-5882

5324 Rogers Rd.
Hamburg, NY 14075
(716) 649-6851

Discount: 10%

Janice Schaner
50 St. Marys St.
Lancaster, NY 14086
(716) 603-7304

Discount: 20%

Elizabeth Schmitt
400 International Dr.
Williamsville, NY 14221
(716) 631-1516

Discount: 20%

Kenneth Schosek
326 Cayuga Rd.
Buffalo, NY 14225
(716) 632-7373

1412 Sweet Home Rd.,
Ste. 12
W. Amherst, NY 14228
(716) 622-5642

Discount: 15%

Robert Scibilia
261 White Tail Run
Grand Island, NY 14072
(716) 628-9924

Discount: 25%

Eric Silverman
21 Linwood Ave.
Williamsville, NY 14221
(716) 480-9430

5225 Sheridan Dr.
Williamsville, NY 14221
(716) 480-9430

Discount: 25%

Jennifer Smeltzer
2916 William St., Ste. D
Cheektowaga, NY 14227
(716) 444-3277

Discount: 15%

Angela Smith
1045 Union Rd.
West Seneca, NY 14224
(716) 674-2454

345 Dick Rd.
Depew, NY 14043
(716) 681-3333

Discount: 10%

Nancy Smith
313 Elmwood Ave.
Buffalo, NY 14222
(716) 885-1581

160 North St.
Buffalo, NY 14201
(716) 885-1581

Discount: 15%

Linda Spors
308 Main St.
Holland, NY 14080
(716) 537-2676

928 French Rd.
Cheektowaga, NY 14227
(716) 668-8021

90 Hamburg St.
E. Aurora, NY 14052
(716) 941-3679

Discount: 10%

Sara Stachowiak
3868 E. Robinson Rd.
Amherst, NY 14228
(716) 912-1281

Tamara Stanier
271 W. Main St.
Springville, NY 14141
(716) 655-2533

90 Hamburg St.
E. Aurora, NY 14052
(716) 655-2533

Discount: 10%

Dawn Stoll
10255 Main St., Ste. 10
Clarence, NY 14031
(716) 759-1498

Discount: 20%

Andrea Stoos
1641 Hertel Ave.
Buffalo, NY 14216
(716) 835-2225

13195 Broadway
Alden, NY 14004
(716) 713-5607

231 Aurora St.
Lancaster, NY 14086
(716) 716-5607

Discount: 20%

Candie Stubbs
9159 Main St.
Clarence, NY 14031
(716) 995-7455

Discount: 10%

Christy Swiatkowski
1598 Hertel Ave.
Buffalo, NY 14216
(716) 553-5118

Discount: 20%

Marie Synrod
5336 Broadway
Lancaster, NY 14086
(716) 681-1099

Discount: 15%

Danielle Tomback
2157 Main St.
Buffalo, NY 14214
(716) 862-1386

Steven Townsend
56 E. Main St.
Springville, NY 14141
(716) 592-5425

Discount: 15%

Robert Twardowski
3316 Sheridan Dr.
Amherst, NY 14226
(716) 833-0024

Discount: 20%

Sandy Ulrich
162 Main St.
Hamburg, NY 14075
(716) 627-4704

Discount: 20%

Terrie Varco
5132 Transit Rd.
Depew, NY 14043
(716) 681-0071

Discount: 15%

Michael Watts
704 Beach Rd.
Cheektowaga, NY 14225
(716) 308-7192

Heidi Will
2821 Wehrle Dr., Ste. 1-2
Williamsville, NY 14221
(716) 870-6019

Discount: 20%

Kelly Williams
240 Red Tail Dr., Ste. 3-4
Orchard Park, NY 14127
(716) 674-9600

4535 Southwestern Blvd.,
Ste. 805-806
Hamburg, NY 14075
(716) 648-8700

Pamela Williams
1620 Billington Rd.
E. Aurora, NY 14052
(716) 812-0303

1275 Delaware Ave.
Buffalo, NY 14209
(716) 812-0303

Discount: 15%

Valencia Williams
245 Hastings Ave.
Buffalo, NY 14215
(716) 833-2673

2122 Eggert Rd., Ste. 1
Amherst, NY 14226
(716) 834-6001

5132 Transit Rd.
Lancaster, NY 14043
(716) 381-0071

Discount: 20%

Wendy Willson
431 Terrace Blvd.
Depew, NY 14043
(716) 683-2633

Discount: 25%

Sara Wojewoda
4917 William St., Ste. A
Lancaster, NY 14086
(716) 706-0005

Discount: 25%

Kimberly Wollschlager
2107 Eggert Rd.
Amherst, NY 14226
(716) 831-0011

Discount: 10%

Amy Yaple
154 Plaza Dr.
Williamsville, NY 14221
(716) 480-1766

Discount: 20%

Roger Zimmerman
1961 Wehrle Dr., Ste. 12
Williamsville, NY 14221
(716) 479-2171

Discount: 25%

Susan Zinter
2463 Bush Rd.
Grand Island, NY 14072
(716) 481-4737

1801 Grand Island Blvd.
Grand Island, NY 14072
(716) 481-4737

Discount: 15%

Debra Zottin
969 Maple Rd.
Williamsville, NY 14221
(716) 863-5323

Discount: 20%

GENESEE COUNTY

Donna Whitton
24 E. Main St.
Corfu, NY 14036
(716) 604-5486

Discount: 10%

MONROE COUNTY

Deborah Fenton
20 N. Main St.
Pittsford, NY 14534
(585) 586-5030

NIAGARA COUNTY

Rebecca Albert
288 Old Falls Blvd.
N. Tonawanda, NY 14120
(716) 316-2511

Discount: 20%

Mary Ellen Barnum
7311 Porter Rd.
Niagara Falls, NY 14034
(716) 298-8603

Discount: 10%

Joan Buckmaster
2323 Old Lake Rd.
Ransomville, NY 14131
(716) 208-4565

Discount: 20%

Kim Burnham-Fechner
736 Center St.
Lewiston, NY 14092
(716) 628-4636

Discount: 10%

Karen Davies
286 Young St.
Wilson, NY 14172
(716) 531-5540

Discount: 20%

Susan Delorenzo
1410 Pine Ave.
Niagara Falls, NY 14301
(716) 285-2504

Discount: 20%

Suzanne-Marie Fulle
7520 Colonial Dr.
Niagara Falls, NY 14305
(716) 304-3767

Discount: 15%

Lewis Garlow
765 Center St.
Lewiston, NY 14092
(716) 754-7400

Discount: 20%

Eleanor Gleason
2407 Niagara Ave.
Niagara Falls, NY 14305
(716) 479-3113

Discount: 10%

Craig Gonzales
534 Center St.
Lewiston, NY 14092
(716) 754-8966

Discount: 10%

Deborah Hastings
2 Market St., Ste. 519
Lockport, NY 14094
(716) 201-1300

Discount: 25%

Nancey Keleher
5556 Davison Rd.
Lockport, NY 14094
(716) 622-1488

Discount: 10%

Jennifer Koplas
473 Washburn St.
Lockport, NY 14094
(716) 830-4294

Suzan Lupejkis
1089 Kinkead Ave.,
Ste. 203
N. Tonawanda, NY 14120
(716) 474-9977

Discount: 10%

Lorri Mathewson
252 Center St.
Lockport, NY 14094
(716) 465-2784

Discount: 10%

Acupuncture and Massage (cont'd.)

NIAGARA COUNTY (cont'd.)

Justine Mitrowski
6997 Campbell Blvd.
N. Tonawanda, NY 14120
(716) 625-7106

Discount: 20%

Lisa Nasca
3907 Lower River Rd.
Youngstown, NY 14174
(716) 745-7371

Discount: 15%

Eileen Pacana
424 Robinson St.
N. Tonawanda, NY 14120
(716) 553-3428

Discount: 10%

Vincent Piaskowski Jr.
2728 Niagara Falls Blvd.
Niagara Falls, NY 14304
(716) 417-8898

Discount: 10%

Gina Puglisi
920 Main St.
Niagara Falls, NY 14301
(716) 940-0411

Discount: 20%

Jennifer Share
7703 Niagara Falls Blvd.
Niagara Falls, NY 14304
(716) 628-8911

Discount: 15%

Christy Swiatkowski
3214 Web Place
Niagara Falls, NY 14303
(716) 553-5118

Discount: 20%

Kristin Tantillo
3117 Military Rd.
Niagara Falls, NY 14304
(716) 930-1060

Discount: 20%

Karen West
2728 Niagara Falls Blvd.
Wheatfield, NY 14304
(716) 864-9628

Discount: 20%

Amy Yaple
603 Division St.
N. Tonawanda, NY 14120
(716) 693-0556

Discount: 20%

ORLEANS COUNTY

Gary Condoluci
243 S. Main St., Ste. 128
Albion, NY 14411
(585) 727-1410

Discount: 10%

WYOMING COUNTY

Bridget Barnes
46 W. Buffalo St.
Warsaw, NY 14569
(585) 786-3590

Discount: 10%

Shelley Bloomquist
400 N. Main St.
Warsaw, NY 14569
(585) 786-8940

Discount: 10%

Donna Brainard
1469 Perry Rd.
N. Java, NY 14113
(585) 535-0518

Discount: 15%

Sue Diebold
433 N. Main St.
Warsaw, NY 14569
(585) 727-6480

Discount: 10%

Elaine Mest
2417 N. Main St.
Warsaw, NY 14569
(585) 786-0760

Discount: 15%

Karen Ruzala
4 W. Buffalo St.
Warsaw, NY 14569
(585) 322-3916

Discount: 10%

Cheryl Schroeder
7107 Swyers Rd.
Castile, NY 14427
(585) 493-5233

Discount: 20%

Donna Whitton
433 N. Main St.
Warsaw, NY 14569
(716) 604-5486

Discount: 10%

Wendy Willson
561 Main St.
Arcade, NY 14009
(716) 353-5381

Discount: 25%



Laugh lines are souvenirs
of a happy life.
Show yours off.



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.

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.

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.

Exclusive Member Discounts (cont'd.)

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 – Buffalo
1363 Delaware Ave.
Buffalo, NY 14209
(716) 884-1981

Discount Details

50% savings on membership fee. Pay only \$74 and your first month's dues. This offer applies to 12-month memberships only. Additional discounts may be available.

Curves for Women – Cheektowaga South
7 Kelly Dr.
Cheektowaga, NY 14227
(716) 677-4341

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.

Exclusive Member Discounts (cont'd.)

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.

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.

Prism Health & Fitness – Village Park Fitness Center
6460 Main St.
Williamsville, NY 14221
(716) 204-1477

Discount Details

10% discount applied to initial down payment toward a regular “Gold” annual membership.

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).

Exclusive Member Discounts (cont'd.)

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.

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

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.

Yoga, Pilates, and Tai Chi

ERIE COUNTY

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

Discount Details

5% discount.

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

Exclusive Member Discounts (cont'd.)

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).

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.

BWI Health Promotions

Various locations throughout Western New York
(716) 992-2732

Discount Details

25% discount off the following classes: Yoga (intermediate & advanced), Pilates (intermediate & advanced), Jump Start Your Fitness (advanced), or Tuck 'n Tone (intermediate & advanced).



Get more Zzzzs.

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.	

† The discounts are available to all BlueCross Blue Shield members. Your plan may include a supplemental benefit that entitles you to greater discounts. Please call customer service for further details. This benefit is not available with the MSA product option.

Vision Discount Providers

ALLEGANY COUNTY

Allegany 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

Allegany 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

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

Morgan Optical
912 W. State St.
Olean, NY 14760
(716) 373-0766

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 Center
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

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
411 Main St.
E. Aurora, NY 14052
(716) 652-0870

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

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

ERIE COUNTY (cont'd.)

<p>Battin Opticians 1161 Abbott Rd. Buffalo, NY 14220 (716) 824-2631</p>	<p>Broadway Opticians 999 Broadway Buffalo, NY 14212 (716) 892-9373</p>	<p>Buffalo Eye Care Associates 7960 Transit Rd. Williamsville, NY 14221 (716) 633-9736</p>	<p>Council Opticians of E. Aurora 323 Main St. E. Aurora, NY 14052 (716) 655-3225</p>	<p>Elmwood Specs 1006 Elmwood Ave. Buffalo, NY 14222 (716) 883-9855</p>	<p>Eye To Eye Optical 3561 Sheridan Dr. Buffalo, NY 14226 (716) 835-6644</p>	<p>Hamburg Optical 51 Buffalo St. Hamburg, NY 14075 (716) 649-1035</p>	<p>JCPenney Optical 4545 Transit Rd. Buffalo, NY 14221 (716) 634-2209</p>
<p>Beckes Optical & Hearing Aids 141 Pine St. Hamburg, NY 14075 (716) 649-1616</p>	<p>John M. Brzezicki Jr. OD 6421 W. Quaker St. Orchard Park, NY 14127 (716) 662-4525</p>	<p>Buffalo Eye Center 3750 Delaware Ave., Ste. 1 Buffalo, NY 14217 (716) 874-2455</p>	<p>Council Opticians of Hamburg 5999 South Park Ave. Hamburg, NY 14075 (716) 648-5761</p>	<p>Eye Care & Vision Associates 932 Elmwood Ave. Buffalo, NY 14222 (716) 884-0880</p>	<p>Eyes Downtown 902 Main St. Buffalo, NY 14202 (716) 883-9550</p>	<p>Harrity Optical 6913 Erie Rd. Derby, NY 14047 (716) 947-9992</p>	<p>JCPenney Optical 3 Walden Galleria Dr. Buffalo, NY 14225 (716) 681-5329</p>
<p>Bell Optical 3427 Transit Rd. Depew, NY 14043 (716) 668-6401</p>	<p>Buffalo's Best Opticians 2064 Seneca St. Buffalo, NY 14210 (716) 822-1515</p>	<p>Buffalo Optical Company 280 Delaware Ave. Buffalo, NY 14202 (716) 854-1620</p>	<p>Council Opticians of Tonawanda 4244 Delaware Ave. Tonawanda, NY 14150 (716) 695-3733</p>	<p>Eye Care & Vision Associates One Hopkins Rd. Buffalo, NY 14221 (716) 631-8888</p>	<p>Eyesight Medical Center 1890 Colvin Blvd. Tonawanda, NY 14150 (716) 837-4240</p>	<p>Hogekamp Optics 6404 Quaker St. Orchard Park, NY 14127 (716) 662-5050</p>	<p>Kaleida Health 219 Bryant St. Buffalo, NY 14222 (716) 859-8396</p>
<p>Best Optical Co. 183 Buffalo St. Hamburg, NY 14075 (716) 646-6223</p>	<p>Buffalo's Best Opticians 6224 Transit Rd. Depew, NY 14043 (716) 683-5566</p>	<p>Buffalo Optical Company 2832 Delaware Ave. Kenmore, NY 14217 (716) 875-7779</p>	<p>Council Opticians of West Seneca 3768 Seneca St. West Seneca, NY 14224 (716) 674-8300</p>	<p>Eye Care & Vision Associates 3712 Southwestern Blvd. Orchard Park, NY 14127 (716) 648-5329</p>	<p>Eyewear Unlimited 1480 Hertel Ave. Buffalo, NY 14216 (716) 834-3511</p>	<p>Holland Eye Center 23 N. Main St. P.O. Box 578 Holland, NY 14080 (716) 537-2222</p>	<p>Kaleida Health 100 High St. Buffalo, NY 14203 (716) 854-1137</p>
<p>Best Vision Inc. 12469 Olean Rd., Ste. 1 Chaffee, NY 14030 (716) 496-7454</p>	<p>Buffalo Eye Care Associates 3095 Harlem Rd. Buffalo, NY 14225 (716) 896-8831</p>	<p>Buffalo Optical Company 5350 Main St. Buffalo, NY 14221 (716) 631-3820</p>	<p>Creighton Optical 13375 Broadway St. Alden, NY 14004 (716) 937-7373</p>	<p>Eye Care Professionals of WNY 750 Dick Rd. Buffalo, NY 14225 (716) 684-1622</p>	<p>Fichte Eye Assoc. Creekside Ctr 2825 Niagara Falls Blvd., Ste. 130 Buffalo, NY 14228 (716) 564-2020</p>	<p>Hornberger & Hornberger 8425 Boston State Rd. Boston, NY 14025 (716) 941-5585</p>	<p>Kenmore Eye Care 924 Kenmore Ave. Buffalo, NY 14216 (716) 876-2020</p>
<p>Biondilillo Eye Care LLC 206 Lake St. Hamburg, NY 14075 (716) 649-1010</p>	<p>Buffalo Eye Care Associates 227 Highland Pkwy. Buffalo, NY 14223 (716) 896-8831</p>	<p>Buffalo Optical Company 4080 Seneca St. West Seneca, NY 14224 (716) 674-4110</p>	<p>Dee Opticians 1567 Military Rd. Buffalo, NY 14217 (716) 875-4507</p>	<p>Eye Care Professionals of WNY 2290 Main St. Buffalo, NY 14214 (716) 835-3458</p>	<p>Frame Up Eyewear Inc. 4498 Main St. Buffalo, NY 14226 (716) 839-9545</p>	<p>Robert H. Hornberger OD 288 Brookwood Dr. Hamburg, NY 14075 (716) 646-6180</p>	<p>Asha Kumar MD 501 Kenmore Ave. Buffalo, NY 14223 (716) 838-5162</p>
<p>Blasdell Village Optical 3876 South Park Ave. Blasdell, NY 14219 (716) 822-2264</p>	<p>Buffalo Eye Care Associates Old Brierwood Medical Ctr. 3040 Amsdell Rd. Hamburg, NY 14075 (716) 649-8300</p>	<p>Clabeaux Optical 4050 Clinton St. West Seneca, NY 14224 (716) 675-6100</p>	<p>Delaware Opticians 2138 Delaware Ave. Buffalo, NY 14216 (716) 876-2010</p>	<p>Eye Care Professionals of WNY 3364 Sheridan Dr. Buffalo, NY 14226 (716) 833-2020</p>	<p>Gold Circle Optical 1606 Niagara Falls Blvd. Tonawanda, NY 14150 (716) 834-6666</p>	<p>Robert H. Hornberger OD South Park Optical 3861 South Park Ave. Buffalo, NY 14219 (716) 823-6093</p>	<p>Edward A. Legarreta MD 1301 N. Forest Rd. Buffalo, NY 14221 (716) 633-2203</p>
<p>Boulevard Optical 2342 Niagara Falls Blvd. Tonawanda, NY 14150 (716) 694-4388</p>	<p>Buffalo Eye Care Associates 1900 Ridge Rd. Buffalo, NY 14224 (716) 674-5966</p>	<p>Clarence Eye Care 8560 Main St. Buffalo, NY 14221 (716) 632-6102</p>	<p>Derby Eye And Vision 6929 Erie Rd. Derby, NY 14047 (716) 947-2462</p>	<p>Eye Care Professionals of WNY 4703 Transit Rd. Depew, NY 14043 (716) 656-2011</p>	<p>Grand Island Optical 2077 Baseline Rd. Grand Island, NY 14072 (716) 773-7653</p>	<p>Hornberger and Hornberger 3192 Walden Ave. Depew, NY 14043 (716) 684-3124</p>	<p>Edward A. Legarreta MD 2720 Union Rd. Buffalo, NY 14227 (716) 668-3030</p>
<p>Brighton Optical Center 875 Brighton Rd. Tonawanda, NY 14150 (716) 832-0296</p>	<p>Council Eyecare Inc. 4243 Transit Rd. Buffalo, NY 14221 (716) 633-2440</p>	<p>Elegance Optique 1754 Sheridan Dr. Buffalo, NY 14223 (716) 874-4600</p>	<p>Eye Health Associates 170 Maple Rd. Buffalo, NY 14221 (716) 634-6100</p>	<p>JCPenney Optical 1303 Niagara Falls Blvd. Buffalo, NY 14226 (716) 833-1166</p>	<p>Lenscrafters Eastern Hills Mall 4545 Transit Rd. Buffalo, NY 14221 (716) 634-4456</p>	<p>JCPenney Optical 1303 Niagara Falls Blvd. Buffalo, NY 14226 (716) 833-1166</p>	<p>JCPenney Optical 1303 Niagara Falls Blvd. Buffalo, NY 14226 (716) 833-1166</p>

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

ERIE COUNTY (cont'd.)

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

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

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

Tyle N Eyes

2205 Kensington Ave.,
Ste. 1
Buffalo, NY 14226
(716) 632-0778

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. Zydowicz

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

Ronald E. Zydowicz

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

GENESEEE 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

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

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

MONROE COUNTY (cont'd.)

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

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
(525) 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. 100
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

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

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

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

Exclusive Member Discounts (cont'd.)

Vision Discount Providers

NIAGARA COUNTY (cont'd.)

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

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