

News

Spring is in the air! After the long winter, nature is filled with a flutter of activity and fresh energy. Let's come out and catch some fresh air. We look forward to seeing you soon at our upcoming in-person workshops and events.

Don't forget that exercise is an important part of a healthy lifestyle. Exercise regularly, every day if possible, is the single most important thing you can do for your health. IWD offers a variety of virtual exercise classes during the week. There is a class for everyone. Get unlimited access to all IWD's adaptive exercise classes. Our monthly pass is only \$40. Plus, we offer a monthly scholarship for \$20. Full scholarship is available to anyone with financial hardship. To sign up for our classes or learn more about the scholarship, call us at 212-598-6429. We accept checks and money orders. Please mail your payment to: Initiative for Women with Disabilities, 318 East 23rd Street, New York, NY 10010.



**April
2024**

Highlights of our Virtual and In-Person Workshops and Events

Virtual "The Healing Power of Music" Workshop

Monday, 4/1, 4/8, 4/22

1:00 pm — 2:00 pm

Presented by: Litsa DeJulio, LCSW & Wanying Liu, Social Work Intern

Do you enjoy listening to music? How does music impact your life? In this group, we use music as a tool to connect, express, and heal. Join us and discover the harmony and strength that music can bring to your life. We will also continue being mindful and practice mindful with music!

Virtual Pain Reprocessing Therapy (PRT)

Orientation Session

Wednesday, 4/3 & 4/17

11:00 am — 12:00 noon

Presented by: Jane Pfitsch, LMSW

Jane Pfitsch, LMSW, is a certified Pain Reprocessing Therapy clinician and is launching a program to bring this groundbreaking therapy to NYU Langone patients experiencing chronic pain. Jane is in recovery herself from chronic pain and has personal experience with the benefits of PRT techniques. The program consists of a preliminary group session giving an overview of the neuroscience of pain, followed by eight individual sessions consisting of more in-depth psychoeducation as well as exploration of the PRT techniques. If you are interested in the program please reach out to Jane for more information at jane.pfitsch@nyulangone.org

Virtual Caring For Yourself Workshop Series

Thursday, 4/4, 4/11, 4/18, 4/25

1:00 pm — 2:00 pm

Presented by: Jane Pfitsch, LMSW

Self-care might be an overused term, but that doesn't make it less important! As winter turns to spring, we're turning our thoughts to caring for ourselves in a holistic way - everything from mindful healthy eating to physical exercise to beautifying our home spaces. We'll share ideas, set goals, track progress, and share success!

In-Person Gathering: 20 Questions & Giant UNO

Tuesday, 4/9

2:30 pm—4:00 pm

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Laughter brings us together. Join us in person to share lots of laughs as we play some of our favorite classic games.

In-Person Group: Music and Self Care

Monday, 4/15 & 4/29

2:30 pm — 3:30 pm

Presented by: Litsa DeJulio, LCSW & Wanying Liu, Social Work Intern

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Continue your musical journey with us! In our upcoming sessions, we'll dive deeper into the wonders of music, exploring new ways to integrate music into our daily lives and focusing on creative expression. Get ready for fun and interactive activities that will not only enhance your musical skills but also promote relaxation, joy, and personal growth.

In-Person Gathering: DIY Self-Love Hanging Wall Art

Tuesday, 4/23

3:00 pm — 4:00 pm

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Self love is all about self kindness, self acceptance and be your true self. Creating a self love wall art could be helpful on your self discovery journal.

In-Person Group: Spring Into Spring!

Friday, 4/26

2:00 pm — 3:00 pm

Presented by: Jane Pfitsch, LMSW

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Spring is a time for rebirth, when the world wakes from the hibernation of winter. Join Jane Pfitsch, LMSW, for a discussion about what the seasonal changes mean to you, and your hopes and goals for the warmer months.

In-Person Gathering: Bingo

Tuesday, 4/29

1:00 pm — 2:00 pm

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Laughter brings us together. Join us in person to share lots of laughs as we play some of our favorite classic games.

IWD Virtual Classes Calendar

April 2024

Adaptive Workout

Monday 11:00 am – 12:00 pm
4/1, 4/8, 4/15, 4/22 (No Class 4/29)
Wednesday 11:00 am – 12:00 pm
4/3, 4/10, 4/17, 4/24
Instructor: Steph Roach

This class is a total body, cardio and strength conditioning workout. With a new workout every week, the classes are designed to push participants harder than they'd push themselves.

Empowerment Program

Thursday 11:00 am – 11:45 am
4/4, 4/11, 4/18, 4/25
Led by: Jane Pfitsch, LMSW

The program is specifically designed for women 21-32 years old who have physical disabilities. Topics addressed in this supportive program relate to independence, employment, and self advocacy.

Virtual Gathering

Trivia
Tuesday, 4/16
3:00 pm – 3:45 pm

Answer Battle
Tuesday, 4/30
3:00 pm – 3:45 pm

You are invited to join us for fun, interactive virtual games from the comfort of your own home.

Move & Groove

Tuesday 1:00 pm – 2:00 pm
4/2, 4/9, 4/16, 4/30 (No Class 4/23)
Instructor: Jyothi Larson

Move & Groove is a dynamic fun filled total body workout. We use light weights, dynabands and other props to strengthen, tone, stretch and re-vitalize the entire being. Class can be done sitting or standing.

Seated Yoga

Thursday 3:00 pm – 4:00 pm
4/4, 4/11, 4/18, 4/25
Instructor: Angelique Lele

This seated class works to realign the spine, detoxify the body, and build strength, flexibility, and stamina. This 60-minute class can include Sun Salutations, stretching, core strengthening postures, Balancing poses, Back Bending, and some restorative poses.

In-Person Gathering

Location:
301 E17th Street, Ground Fl
Loeb Auditorium

20 Questions & Giant UNO
Tuesday 4/9, 2:30 pm – 4:00 pm

Bingo
Monday 4/29, 1:00 pm – 2:00 pm

Come out and have a good time. We assure you will leave with a big smile on your face.

Strength & Tone

Wednesday 3:00 pm – 4:00 pm
4/3, 4/10, 4/17, 4/24
Instructor: Laurie Malen

This class is a combination of strength training and aerobic conditioning. It is designed to improve upper body flexibility and strength; includes boxing weight training and cardio conditioning.

GEN Y&Z Peer

Support Program

Friday 4:00 pm – 5:00 pm
4/5 & 4/19
Led by: Connie Lam, MS & Steph Roach

This program provides an opportunity for young adults with physical disabilities to engage with peers, build community, and practice socialization skills. The group is facilitated by our staff and is a safe space for creating friendship and community.
