

Empowerment Program

ages 21-32

Fall 2017

Program Details & Schedule:

2:15-3:15 Fitness Class

Core Strengthening class with Marie Strevens.

The core strengthening exercises focus on upper-body strength using props and Pilates inspired exercises. Core and arm exercises help strengthen your upper-body muscles for better balance, stability and shoulder mobility.

Location: Multipurpose Room

ENCOURAGE

3:15-4:15PM: Discussion Group

A peer support group facilitated by IWD Staff Member. Discuss topics ranging from work, relationships, health, self esteem, and community resources.

Location: Multipurpose Room

ENGAGE**EMPOWER**

Dates:

Session 1: Oct. 6th, Oct. 13th, Oct. 20th, Oct. 27th

Session 2: Nov. 3rd, Nov. 17th, Dec. 1st, Dec. 8th

Cost:

Session 1: \$40

Session 2: \$40

Payment due 1 week before session starts

For More Information and to Register, Please Contact:

Suzanne Hurwitz, Program Coordinator @ 646.754.1350

or @ suzanne.hurwitz@nyumc.org