

Fall 2017 Workshops & Events Schedule

Space limited. Call 212-598-6429 to register/RSVP.

The IWD is a multidisciplinary center committed to providing respectful, high quality gynecological, medical and wellness services for women and adolescent girls with physical disabilities.

Our mission is to empower women with physical disabilities to pursue a healthy lifestyle.

10/11 Multi Disciplinary Workshop
Journey to Good Sleep

Presented by IWD Professional Staff

Wednesday, October 11th
11:00 am - 12:30 pm
IWD Multipurpose Room
359 Second Ave



In this workshop we will explore the impact sleep has on supporting your health. We will consider ways our daily routine and proper nutrition can help prepare the body for a good night sleep, every night.

10/18 Games, Fun & Prizes
BINGO!

Presented by IWD Volunteer Caryn Fisch

Wednesday, October 18th
12:00 pm - 1:00 pm
IWD Multipurpose Room
359 Second Ave



Meet new friends at IWD end enjoy some friendly competition. The first one to get five in a row and yell BINGO wins! No fee to enter. Chance to win prizes.

10/25 Educational Presentation
How Can Reiki Benefit my Health?

Presented by Cynthia Ann Carney, Reiki Master, CSW

Wednesday, October 25th
11:30 am - 12:30 pm
IWD Multipurpose Room
359 Second Ave



Reiki is a Japanese technique for stress reduction and relaxation. This workshop will explain the practice of Reiki, energy healing, and its benefits for emotional and physical health.

11/6 Educational Presentation
Advocating in Your Community

Presented by the Mayor's Office for People with Disabilities

Monday, November 6th
1:00 pm - 3:00 pm
IWD Multipurpose Room
359 Second Ave



Get familiar with your city council members and find out what's being done to support the disabled community here in New York. Learn about local advocacy groups and find out ways you too can become involved.

11/8 Multi Disciplinary Workshop
Intuitive Eating

Presented by IWD Professional Staff

Wednesday, November 8th
11:00 am - 12:30 pm
IWD Multipurpose Room
359 Second Ave



Join us as we take the next step toward creating a healthier relationship with food. Learn to listen to your internal cues and trust your body's wisdom. Rather than dieting, learn to live and eat healthy based on your needs.

11/9 Educational Presentation
Affordable Housing

Presented by NYC Department of Finance

Thursday, November 9th
11:00 am - 12:30 pm
IWD Multipurpose Room
359 Second Ave



It can be a challenge finding affordable housing in NYC. Learn about benefit programs including The Disabled Rent Increase Exemption (DRIE) and the Disabled Homeowners Exemption (DHE) that can help you finance your home.

11/15 "No-Cook" Cooking Class
Healthy Recipes for the Holidays

Presented by IWD Nutritionist

Wednesday, November 15th
11:00 am - 12:30 pm
IWD Multipurpose Room
359 Second Ave



Thinking about what to bring to the holiday table? In this hands-on cooking class, we will prepare 3 dishes: a salad, an appetizer, and a dessert. All dishes are plant-based and nutritious. Bring a take-out dish to carry home your creations. **\$20 Supply Fee**

11/30 Educational Presentation
Medicare Updates for 2018

Presented by NYC Dept of the Aging

Thursday, November 30th
10:30 am - 12:00 pm
IWD Multipurpose Room
359 Second Ave



Get the latest updates on your 2018 Medicare benefits. Come learn important information you need in order to navigate your health insurance in the coming year. Question and answer session to follow.

Arts & Crafts with Caryn

Let Your Creativity Bloom

Cost: \$5 per class

IWD Multipurpose Room



Oct. 3rd 10:00 am - 11:30 am: Air Dry Clay

Oct. 10th 10:00 am - 11:30 am: Straw Wreath Hat

Oct. 18th 10:00 am - 11:30 am: Pillow Making

Nov. 14th 10:00 am - 11:30 am: Paint Your Own Masterpiece

Nov. 21st 10:00 am - 11:30 am: Thanksgiving Centerpieces

Art Adventures for Art Explorers *Part II*



Thursday 2:00 pm - 3:00 pm

Oct. 5th - Nov. 2nd

5 Classes: \$25

IWD Multipurpose Room

Explore your creative side with 5 weeks of creative cartooning, dynamic doodling and portraiture. Open to all skill levels.

Each participant will receive their own art journal.

Instructed by Lorelei, an illustrator, cartoonist and commercial fine artist.



IWD Fall Birthday Party

Monday, November 6th

11:00 am - 12:00 pm

IWD Multipurpose Room

If your birthday falls in the month of October, November, or December join us for a birthday celebration in your honor.

Celebrate your birthday with other participants, meet IWD staff and get an update on programs at the IWD. Light refreshments will be served.



The Initiative for Women with Disabilities
Elly & Steve Hammerman Health & Wellness Center

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