

## News

As we enter into December we are coming to the end of 2020 which has been very eventful to say the least. From a shortage in toilet paper to "I forgot my mask" becoming a common phrase, we can finally welcome 2021. As we wrap this year up at IWD, we would like to thank our patients and participants for all the continued support. With great expectations for the months ahead we have had an amazing turnout with the amount of attendees each week for our virtual exercise classes and workshops. In the upcoming New Year we are adding new virtual programs to kick your health and social experience up a notch.

The monthly fee for exercise classes is \$40, with scholarship the monthly fee is reduced to \$20 this will allow access to an unlimited amount of virtual classes. We are currently accepting check, cash, or money order as forms of payment. All payments can be mailed to IWD at: 318 East 23<sup>rd</sup> Street New York, NY 10010. Please contact our office at 212-598-6429 to register or to voice any questions or concerns.

As we continue to fight against this pandemic please remember to practice COVID-19 safety measures. From us here at IWD we would like to wish a safe and happy holiday season, to you and your loved ones.

December  
2020

## Highlights of our Virtual Educational Workshops

### Self Care During the Holidays

Tuesday, 12/8 from 2:15 pm — 3:00 pm

Presented by: Litsa DeJulio, LCSW

Join us in our Self Care Workshop to discuss tips and why making time for you is so important, especially during this upcoming season.

### Seasonal Affective Disorder Workshop

Friday, 12/11 from 2:00 pm — 2:45 pm

Presented by: Kathryn Malone, LMSW

As the days get shorter and the air grows colder, a lot of us experience physical and emotional changes that can last until spring. Our bodies might feel wooden and heavy, and our minds fuzzy and dark. This condition is called Seasonal Affective Disorder, or SAD. Learn to identify the symptoms of SAD and gain strategies to overcome the winter blues.

### Anxiety Workshop Series

Wednesday, 12/2, 12/9, 12/16, 12/23 from 10:00 am — 11:00 am

Presented by: Litsa DeJulio, LCSW

We all experience anxiety, which is a normal part of life. Sometimes though, we feel more worried, which can be hard to manage. In this workshop series, learn more about anxiety and how to improve your symptoms and mood.

### Organization Workshop Series

Tuesday, 12/1, 12/8, 12/15, 12/22 from 11:00 am — 12:00 noon

Presented by: Litsa DeJulio, LCSW

Feeling overwhelmed with clutter? Difficulty organizing daily life and home? Join our Organization Workshop Series for support along with tips to manage clutter, organize life, and stress less.

# IWD Virtual Classes Calendar

## December 2020

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### Adaptive Boxing

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Monday 11:00 am — 12:00 pm  
12/7, 12/14, & 12/21  
Instructor: Steph Hammerman

It's time to punch your way into shape. Go at your own pace. Minimal upper body mobility and strength required. This class can be done in a seated and/or standing position.

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### Bone Health Exercise

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Tuesday 1:00 pm — 2:00pm  
12/1, 12/8, 12/15, 12/22  
Instructor: Jyothi Larson

Bone Health focuses on building balance, coordination, strength, and flexibility through dance, weight bearing and muscle strengthening exercises. A fun, invigorating class beneficial for everyone but especially for those with osteopenia and osteoporosis.

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### Adaptive Workout

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Wednesday 11:00 am — 12:00 pm  
12/2, 12/9, & 12/16  
Instructor: Steph Hammerman

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. This class can be done in a seated and/or standing position.

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### Zumba

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Wednesday 3:00 pm — 4:00 pm  
12/2, 12/9, 12/16, 12/23 & Thurs 12/17  
Instructor: Emi Asano

Zumba is an easy to follow aerobic dance program inspired by Latin Music. It is a cardio based total body workout combining fast and slow rhythms that tone the body. This class will be adapted to all levels and abilities and can be done in a seated and/or

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### Chair Pilates

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Friday 12:30 pm — 1:30 pm  
12/4 & 12/18  
Instructor: Gail Accardi

Exercise incorporates techniques to strengthen your core and upper body muscles. Core and arm exercises help build better balance, stability and shoulder mobility. This class will be adapted to all levels and abilities and can be done in a seated and/or

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### Stress Less Fitness

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Thursday 3:00 pm — 4:00 pm  
12/3 & 12/10  
Instructor: Jyothi Larson

This class is a combination of exercise and stress relief. Incorporating Jyothi's love of yoga and fitness, the class will include breathing exercises, strengthening, stretching and will end with a 10 minute relaxation. Appropriate for all levels and can be done in a seated and/or

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### Empowerment Group

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Thursday 11:00 am — 11:45 am  
12/3, 12/10, & 12/17  
Led by: Kathryn Malone, LMSW

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

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### Virtual Holiday Celebration

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Wednesday 1:30 pm– 2:30 pm  
12/16  
Led by: IWD Staff

Tis the Season! You are invited to join us for a Virtual Holiday celebration! Let's end the year the right way, together.

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### Virtual Gathering: Virtual Trivia!

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Tuesday 3:00 pm — 3:45 pm  
12/1— Theme: Food  
12/8— Theme: Travel  
12/15- Theme: Holiday

You are invited to join us for Virtual Trivia! It's simple to play along, and lots of fun.