Empowerment Program  
Spring 2020

Program Details & Schedule:

2:15-3:15 PM: Discussion Group
A peer support group facilitated by IWD Social Worker. Discuss topics ranging from work, relationships, health, self esteem, and community resources.

Location: Multipurpose Room

3:15-4:15 PM: Fitness Class
Chair Pilates
The core strengthening exercises focus on upper-body strength using props and Pilates inspired exercises. Core and arm exercise help strengthen your upper-body muscles for better balance, stability and shoulder mobility.

Location: Multipurpose Room

Dates:
Session 1: April 17th, 24th, May 1st, 8th and 15th
Session 2: May 29th, June 5th, 12th, 19th, and 26th

Cost:
Session 1: 5 Classes $50
Session 2: 5 Classes $50
Payment due 1 week before session starts

530 First Avenue, 12th Floor New York, NY 10016
For More Information and to Register, Call 212-598-6429