

Empowerment Program

ages 21-32

Summer 2019

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

Core Strengthening Class

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

ENCOURAGE

ENGAGE

EMPOWER

Dates:

August 2nd, August 9th, August 16th,
August 23rd and August 30th

Cost:

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, Please Contact Program Coordinator
Suzanne Wallach by Phone at 646-754-1350 or by Email at suzanne.wallach@nyulangone.org