

News

It is with mixed emotions we say farewell to Kathryn Malone. You will be missed at IWD! Thank you for being such an important part of our team these past few years. We couldn't have accomplished what we did without you! Sending you well wishes and much success in all you do Kathryn!

Join the IWD Open Support Group led by social work intern Shani Erdman; An opportunity for women to connect with other members for support around shared challenges and the experience of adjusting to new life stages.

Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. Let's end the year with a bang by setting a fitness goal. Get unlimited access to all IWD's adaptive exercise classes. Our monthly pass is only \$40. Plus, we offer a monthly scholarship for \$20. Full scholarship is available to anyone with financial hardship. To sign up for our classes or learn more about the scholarship, call us at 212-598-6429. We accept checks and money orders. Please mail your payment to: Initiative for Women with Disabilities, 318 East 23rd Street, New York, NY 10010.

Highlights of our Virtual Educational Workshops

IWD Open Support Group

Wednesday, 2/1, 2/8, 2/15, 2/22

10:00 am — 10:45 am

Presented by: Shani Erdman, SW Intern

An opportunity for women to connect with other members for support around shared challenges and the experience of adjusting to new life stages.

Anxiety Management Workshop Series

Monday, 2/6, 2/13, 2/27

1:00 pm — 1:45 pm

Presented by: Litsa DeJulio, LCSW

Do you find yourself feeling restless, wound-up, or on edge? Are you easily fatigued and have trouble concentrating? Learn tips to cope with excessive worry and anxiety.

Mindful Monday Workshop

Monday, 2/6, 2/13, 2/27

2:30 pm — 3:00 pm

Presented by: Shani Erdman, SW Intern

Join us for a brief discussion on the benefits of mindfulness followed by a mindful practice.

Making the Most of Winter Workshop

Monday, 2/13

3:15 pm — 4:00 pm

Presented by: Shani Erdman, SW Intern

As we greet the thick of winter, join social work intern Shani Erdman on a conversation about embracing the special opportunities winter offers us.

Expanding Grief Mini-Series Part 1

Wednesday, 2/22

1:00 pm — 1:45 pm

Presented by: Shani Erdman, SW Intern

Though losing a loved one is one form a grief, there are many other forms of grief. Join social work intern Shani Erdman to explore the ways in which adjusting to new life transitions can involve grief.

How to Really Set Goals Workshop

Tuesday, 2/28

3:00 pm — 3:45 pm

Presented by: Litsa DeJulio, LCSW

Forget those New Year's Resolutions and "Big Picture" goals. Find out how to set goals that can work for you!



**February
2023**

IWD Virtual Classes Calendar

February 2023

Adaptive Workout

Monday 11:00 am – 12:00 pm
2/6, 2/13, 2/27 (No Class 2/20)
Wednesday 11:00 am – 12:00 pm
2/1, 2/8, 2/15, 2/22

Instructor: Steph Roach

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.

Seated Yoga

Thursday 3:00 pm – 4:00 pm
2/2, 2/16, 2/23 (No Class 2/9)
Instructor: Angeliqe Lele

This seated class works to realign the spine, detoxify the body, and build strength, flexibility, and stamina. This 60-minute class can include Sun Salutations, stretching, core strengthening postures, Balancing poses, Back Bending, and some restorative poses.

Young Women's Program x Empowerment Program

Friday 4:00 pm – 5:00 pm
2/3 & 2/17
Led by: Connie Lam, MS

The crossover program aims to connect girls and women 14 to 35 years old who have physical disabilities. In this program, you can expect to meet new people and develop lasting friendships, learn about and connect to resources in the community, and learn tools to prepare for the transition to

Moving for Life

Tuesday 1:00 pm – 2:00 pm
2/7, 2/14, 2/21, 2/28
Instructor: Jyothi Larson

Moving For Life 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.

Chair Pilates

Friday 12:30 pm – 1:30 pm
2/10 & 2/24
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.

Virtual Gathering: Virtual Games

Exciting Sponge:
Tuesday, 2/14, 3:00 pm – 3:45 pm

Can You Hear Me Now
Thursday, 2/9 & 2/23, 1:00 pm – 1:45 pm

Trivia:
Tuesday, 2/21, 3:00 pm – 3:45 pm

You are invited to join us for fun, interactive virtual games from the comfort of your own home.

Zumba

Wednesday 3:00 pm – 4:00 pm
2/1, 2/8, 2/15, 2/22
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.

Strength & Tone

Friday 2:00 pm – 3:00 pm
2/3, 2/10, 2/17, 2/24
Instructor: Laurie Malen

This class is a combination of strength training and aerobic conditioning. It is designed to improve upper body flexibility and strength; includes boxing weight training and cardio conditioning.
