

News

Hello 2023! The start of the New Year is the perfect time to begin healthy habits and get into healthy routines. In our New Year, New Routine Workshop we will discuss ways to do so. During the winter months when there is less natural sunlight, many people experience a mood change. This condition is known as Seasonal Affective Disorder, or SAD. Join our Habits for Happiness Workshop to learn practices you can introduce into your daily life to increase positive emotions. As always we are offering a variety of virtual fitness classes to help you reach your fitness goals and maintain a healthy life-style.

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

Mindful Morning Workshop

Monday, 1/9

10:15 am — 10:45 am

Presented by: Shani Erdman, SW Intern

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

IWD Open Support Group

Wednesday, 1/11, 1/18, 1/25

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.

Habits for Happiness Workshop

Wednesday, 1/25

1:00 pm — 2:00 pm

Presented by: Shani Erdman, SW Intern

Curious about how research-backed habits can enhance your sense of well-being and meaning? Join Social Work Intern Shani Erdman to learn about practices you can introduce into your routine to increase positive emotions.

Computer Essentials Workshop Series—Part 1

Friday, 1/27

11:00 am — 12:00 noon

Presented by: Connie Lam, MS

This workshop series covers the essentials of how to use the basic functions of a personal computer, how to navigate the internet, and how to send and receive email. By the end of the workshop series, you'll have a foundation for using a computer and the internet to enrich your life.

New Year, New Routine Workshop

Monday, 1/30

1:00 pm — 1:45 pm

Presented by: Litsa DeJulio, LCSW

Join us while we talk about the importance of creating routines. Learn tips and review ideas for our mornings and evenings to support our health.



**January
2023**

IWD Virtual Classes Calendar

January 2023

Adaptive Workout

Monday 11:00 am – 12:00 pm
1/9, 1/23, 1/30 (No Class 1/2 & 1/16)
Wednesday 11:00 am – 12:00 pm
1/4, 1/11, 1/18, 1/25

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.

Empowerment Program

Thursday 11:00 am – 11:45 am
1/12, 1/19, 1/26
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.

Strength & Tone

Friday 2:00 pm – 3:00 pm
1/6, 1/13, 1/20, 1/27
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.

Moving for Life

Tuesday 1:00 pm – 2:00 pm
1/3, 1/10, 1/17, 1/24, 1/31
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.

Seated Yoga

Thursday 3:00 pm – 4:00 pm
1/5, 1/12, 1/19, 1/26
Instructor: Angelique 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
1/6 & 1/20
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 adulthood.

Zumba

Wednesday 3:00 pm – 4:00 pm
1/4, 1/11, 1/18, 1/25
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.

Chair Pilates

Friday 12:30 pm – 1:30 pm
1/6 & 1/20
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, 1/10 & 1/24, 3:00 pm – 3:45 pm

Can You Hear Me Now
Thursday, 1/12 & 1/26, 1:00 pm – 1:45 pm

Trivia:
Tuesday, 1/31, 3:00 pm – 3:45 pm

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