

News

This month we are introducing a new workshop series; Embracing Life's Seasons. We will discuss various topics and include tips, resources and strategies to navigate life's different seasons.

Joining an exercise class can be a great way to meet people, get to know them better, and make new friends. Let's 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.

The Story Corner

The Story Corner is devoted to let IWD participant share their story with the community. This month we are featuring Jessica's story. Enjoy!

My name is Jessica, from Queens, NY. I am 37 years old and I have been a member of IWD since 2010. In college my major was speech language hearing sciences with a minor in psychology. I then went onto graduate school for elementary special education. I am currently an Employment Specialist at Bronx Independent Living Services. I started in 2015 and have held many different positions. In addition to being an Employment Specialist, I help with transportation and home care advocacy. The best part about my job is helping my participants reach their goals. When I'm not working I like to hang out with friends and explore the city. My hobbies include diamond painting and playing Nintendo switch. I have completed nine diamond paintings with various designs and currently working on my latest one.

Highlights of our Virtual and In-Person Educational Workshops

Virtual Applied Improv Workshop

Thursday, 10/5, 10/19, 10/26

1:00 pm — 2:00 pm

Presented by: Jane Pfitsch, LMSW

Improv has been shown to build self-esteem, boost creativity, lower stress levels, and quiet the inner critic. Come to observe or participate as we explore simple improv exercises designed to build community and encourage new ways of thinking and interacting.

Virtual Mindfulness Morning

Friday, 10/6 & 10/20

11:00 am — 11:30 am

Presented by: Jane Pfitsch, LMSW

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

Virtual Expressive Writing Workshop

Friday, 10/6 & 10/20

2:00 pm — 3:00 pm

Presented by: Jane Pfitsch, LMSW

How we talk to ourselves can have a dramatic impact on our emotional life. Join Jane Pfitsch for a discussion of personal experience with inner voices and to explore a few strategies for improving our relationships with ourselves.

Embracing Life's Seasons: Workshop Series for Women 50 & over

Monday, 10/16, 10/23, 10/30

1:00 pm — 1:45 pm

Presented by: Litsa DeJulio, LCSW

Join us for a workshop series about the seasons in our lives. We'll discuss various topics and include tips, resources and strategies to navigate life's different seasons.

Debunking Sleep Hygiene Workshop

Friday, 10/20

2:00 pm — 3:00 pm

Presented by: Jane Pfitsch, LMSW

We all know how important it is to get good sleep, but when sleep is elusive, the emphasis placed on good sleep hygiene can perpetuate anxiety and push restful sleep farther away. Join us for a discussion about your relationship with sleep, to build self-compassion and reduce anxiety around sleep difficulties and disturbances.



**October
2023**

IWD Virtual Classes Calendar

October 2023

Adaptive Workout

Monday 11:00 am – 12:00 pm
10/2, 10/9, 10/16, 10/23, 10/30

Wednesday 11:00 am – 12:00 pm
10/4, 10/11, 10/18, 10/25

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.

Strength & Tone

Wednesday 3:00 pm – 4:00 pm
10/4, 10/11, 10/18, 10/25

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.

Young Women's Program x Empowerment Program

Friday 4:00 pm – 5:00 pm
10/6 & 10/20

Led by: Connie Lam, MS & Steph Roach

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



Monday 3:00pm – 4:00 pm
10/9, 10/16, 10/23, 10/30

Instructor: Marina Thomas

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.

Empowerment Program

Thursday 11:00 am – 11:45 am
10/5, 10/19, 10/26

Led by: Jane Pfitsch, LMSW

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

Virtual Gathering

Hangman
Tuesday, 10/17
3:00 pm – 3:45 pm

Comic Strip
Tuesday, 10/24
3:00 pm – 3:45 pm

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

Move & Groove



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

Instructor: Jyothi Larson

Move & Groove is a dynamic fun filled total body workout. We use light weights, dynabands and other props to strengthen, tone, stretch and re-vitalize the entire being. Class can be done sitting or standing.

Seated Yoga

Thursday 3:00 pm – 4:00 pm
10/5, 10/12, 10/19, 10/26

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.

In-Person Gathering

Location:
301 E17th Street, Ground Fl
Loeb Auditorium

Giant UNO & DIY Beaded Bracelets
Friday, 10/13
3:00 pm – 4:30 pm

Come out and have a good time. We assure you will leave with a big smile on your face.
