

News

Music therapy is a fun and powerful way to boost your well-being! No matter your age or background, music therapy can help reduce stress, improve your mood, and even help you communicate better. Join our in person group to learn more about the magic of music and discover how it can bring a positive change to your life!

Don't forget that exercise is an important part of a healthy lifestyle. Exercise regularly, every day if possible, is the single most important thing you can do for your health. IWD offers a variety of virtual exercise classes during the week. There is a class for everyone. 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.

March
2024

Highlights of our Virtual and In-Person Workshops and Events

In-Person Group: The Introduction of Music Therapy

Monday, 3/4

2:30 pm—3:30 pm

Presented by: Litsa DeJulio, LCSW & Wanying Liu, Social Work Intern

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Music therapy is a fun and powerful way to boost your well-being! No matter your age or background, music therapy can help reduce stress, improve your mood, and even help you communicate better. Join us to learn more about the magic of music and discover how it can bring a positive change to your life!

Virtual Applied Improv Workshop

Thursday, 3/7, 3/14, 3/21, 3/28

1:00 pm — 2:00 pm

Presented by: Jane Pfitsch, LMSW

Creativity and spontaneity are muscles – they get stronger with practice! Join Jane Pfitsch, LMSW, for a weekly hour of simple improv exercises designed to build community and explore new ways of thinking and interacting.

In-Person Gathering: Hangman, Answer Battle, and Giant UNO

Tuesday, 3/12, 3/26

2:30 pm—4:00 pm

Location: Loeb Auditorium at NYU Langone Orthopedic Hospital at 301 East 17th Street, Ground Floor

Laughter brings us together. Join us in person to share lots of laughs as we play some of our favorite classic games. We have planned to play Hangman and Answer Battle on 3/12, and we have scheduled Giant UNO for 3/26.

Virtual “The Healing Power of Music” Workshop

Monday, 3/18 & 3/25

1:00 pm — 2:00 pm

Presented by: Litsa DeJulio, LCSW & Wanying Liu, Social Work Intern

Do you enjoy listening to music? How does music impact your life? In this group, we use music as a tool to connect, express, and heal. Join us and discover the harmony and strength that music can bring to your life.

IWD Virtual Classes Calendar

March 2024

Adaptive Workout

Monday 11:00 am – 12:00 pm
3/4, 3/11, 3/25 (No Class 3/18)

Wednesday 11:00 am – 12:00 pm
3/6, 3/13, 3/20, 3/27

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.

Move & Groove

Tuesday 1:00 pm – 2:00 pm
3/5, 3/12, 3/19, 3/26

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.

Strength & Tone

Wednesday 3:00 pm – 4:00 pm
3/6, 3/13, 3/20, 3/27

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.

Empowerment Program

Thursday 11:00 am – 11:45 am
3/7, 3/14, 3/21, 3/28

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.

Seated Yoga

Thursday 3:00 pm – 4:00 pm
3/7, 3/14, 3/21, 3/28

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.

GEN Y&Z Peer

Support Program

Friday 4:00 pm – 5:00 pm
3/1 & 3/15

Led by: Connie Lam, MS & Steph Roach

This program provides an opportunity for young adults with physical disabilities to engage with peers, build community, and practice socialization skills. The group is facilitated by our staff and is a safe space for creating friendship and community.

Virtual Gathering

Hangman

Tuesday, 3/5
3:00 pm – 3:45 pm

Answer Battle

Tuesday, 3/19
3:00 pm – 3:45 pm

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

In-Person Gathering

Location:

301 E17th Street, Ground Fl
Loeb Auditorium

Giant UNO

Tuesday, 2:30 pm – 4:00 pm
3/12- Hangman & Answer Battle
3/26- Giant UNO

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