Spring 2020 Workshops & Events Schedule

Space limited. Call 212-598-6429 to register/R.S.V.P.

The Initiative for Women with Disabilities
Elly & Steve Hammerman Health & Wellness Center

Educational Presentation
Healthy Aging for the Brain

Presented by IWD Social Work
Monday, April 13th
2:45 pm - 3:45 pm
IWD Multipurpose Room
530 First Avenue

In this workshop, we will explore strategies for staying sharp and identify ways to maintain a healthy brain throughout adulthood. We will discuss healthy behaviors, diets and memory techniques that have been shown to prevent dementia and provide healthy aging outcomes.

Educational Presentation
Understanding Chronic Illness

Presented by NYU Langone Orthopedic Hospital Nurse Manager Brunilda Pagan
Tuesday, May 19th
12:30 pm - 1:30 pm
IWD Multipurpose Room
530 First Avenue

A chronic illness is a long-term health condition that may not have a cure. Chronic illness can be isolating but there is hope. This workshop will help you to better understand and cope with chronic illness to live a fuller, happier life.

Community Resource Presentation
Accessibility at Parks, Pools and Beaches

Presented by NYC Parks & Recreation
Friday, April 24th
2:15 pm - 3:15 pm
IWD Multipurpose Room
530 First Avenue

Spring is a great time of year to explore your local parks. Learn about upcoming events, accessible pools, beaches and activities. Plus, learn how you can obtain a discounted membership to your local recreation center.

Educational Presentation
Gardening for Stress Relief

Presented by NYU Langone Health Horticulture Therapy
Wednesday, May 20th
1:00 pm - 2:30 pm
IWD Multipurpose Room
530 First Avenue

Gardeners have known for centuries that tending to plants can improve your mood and dissolve stress. Join us for an afternoon of gardening and gain new insight of the affect of plants on your health. Cost $5 for Materials

Educational Presentation
Noise Pollution & Its Effects on Your Health

Presented by Dr. Arline Bronzaft from Grow NYC
Friday, May 22nd
12:30 pm - 1:30 pm
IWD Multipurpose Room
530 First Avenue

New York City is a noisy place! Noise is not just annoying, it can have harmful effects on your physical and mental health. Noise can cause hearing loss, stress, sleep disturbance and even hypertension. Learn more about how you can protect yourself and be more aware of noise pollution where you live.

Educational Presentation
Adaptive Cooking Techniques

Presented by NYU Langone Orthopedic Hospital Rusk Occupational Therapy Department
Thursday, June 11th
2:15 pm - 3:30 pm
IWD Multipurpose Room
530 First Avenue

Cooking can be challenging, especially for those with limited mobility and dexterity. Occupational Therapists will share tips, tricks and modifications to help you discover or reclaim the joy of cooking and be more independent in the kitchen.

Educational Presentation
Clinical Guidelines for GYN Services

Presented by IWD Gynecologist Dr. Grace Lau
Tuesday, June 23rd
3:15 pm - 4:15 pm
IWD Multipurpose Room
530 First Avenue

As we age our gynecological needs change as do the clinical guidelines for services. How often should you see a doctor? What tests should be done? Come hear from IWD’s gynecologist on the most up to date recommendations for you.
Paint Your Own Masterpiece
$5 Per Class
IWD Multi Purpose Room
530 First Avenue
Select One Date Per Painting, Space is Limited

Painting #1
Monday, April 6th 11:00 am - 12:30 pm
OR Friday, April 10th 11:00 am - 12:30 pm

Painting #2
Wednesday, May 6th 11:00 am - 12:30 pm
OR Wednesday, May 13th 11:00 am - 12:30 pm

Painting #3
Wednesday, June 17th 2:30 pm - 4:00 pm
OR Wednesday, June 24th 2:30 pm - 4:00 pm

Educational Presentation
Advance Care Planning

Presented by IWD Social Work
Tuesday, June 30th
11:00 am - 12:00 pm
IWD Multipurpose Room
530 First Avenue

Have you considered what you may want for end of life care? Join us for an interactive workshop on Advance Care Planning. We invite you to bring along your Health Care Proxy to share in the discussion to ensure your wishes are carried out.