Young Women’s Program
Supporting Health & Wellness for Young Women
with Physical Disabilities ages 14-21

Spring 2020

SATURDAYS
11:30 AM - 2:30 PM
March 14th - May 16th 2020

11:30 am - 12:00 pm Welcome
12:00 pm - 12:45 pm Health and Wellness Class 1
1:00 pm - 1:30 pm Lunch
1:45 pm - 2:30 pm Health and Wellness Class 2
+ Parent Pow-Wow (an informal gathering to share resources and support)

~~~
Express Yourself!
Set Goals!
Learn about Resources!
Meet new Friends!
~~~

Location: IWD Multipurpose Room
530 First Avenue 12th Floor New York, NY 10016

To Register contact Director, Connie Lam at 646-754-1353
or email connie.lam@nyulangone.org