


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

Summer 2019 Workshops & Events Schedule

Space limited. Call 212-598-6429 to register/RSVP.

The IWD is a multidisciplinary center committed to providing respectful, high quality gynecological, medical and wellness services for women and adolescent girls with physical disabilities.

Our mission is to empower women with physical disabilities to pursue a healthy lifestyle.


 **6/26**
 Educational Workshop
 Advance Care Planning Workshop

Presented by IWD Social Worker, Litsa DeJulio

Wednesday, June 26th
 11:00 am - 12:00 pm
 IWD Multipurpose Room
 530 First Avenue



It's always important to plan ahead for life's what ifs? 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.


 **7/9**
 Living Well Workshop
 What does it mean to "live well"?

Presented by IWD Social Worker, Litsa DeJulio

Tuesday, July 9th
 11:00 am - 12:00 pm
 IWD Multipurpose Room
 530 First Avenue



This workshop will introduce the concept of living well from various viewpoints and traditions. Discussion will explore our personal values that contribute to how we live well and what possible change we can make to improve our wellbeing, decrease stress and manage our health.


 **7/14**
 NYC Disability Pride Parade
 Join the IWD as We March Together

Presented by Mayor's Office for People with Disabilities

Sunday, July 14th
 10:00 am - 3:00 pm
 Begins at Madison Square
 Ends at Union Square



Join the IWD as we march together in the 5th annual New York City Disability Pride Parade. This year's theme is Creativity! Costumes, floats, hats, T-shirts, decorated wheelchairs etc. are all encouraged. Come together to promote inclusion, awareness, and visibility of people with disabilities.


 **7/19**
 Community Resource Presentation
 Updates to Access A Ride Service

Presented by MTA Para Transit

Friday, July 19th
 2:15 pm - 3:15 pm
 IWD Multipurpose Room
 530 First Avenue



Come hear the latest updates on Access A Ride. Learn how to best utilize the system, gain better understanding of its new Enhanced Broker Service and have your questions answered.


 **7/22**
 Fire Safety Presentation
 Are you Ready for a Fire Emergency? You can be!

Presented by FDNY Smart: Safety Education Program

Monday, July 22nd
 1:15 pm - 2:15 pm
 IWD Multipurpose Room
 530 First Avenue



The Fire Safety Education Program is a city wide initiative to eliminate residential fire deaths in New York City. Come learn life saving strategies to prevent fires in your own home.


 **7/23**
 Living Well Workshop
 Managing Anxiety

Presented by IWD Social Worker, Litsa DeJulio

Tuesday, July 23rd
 11:00 am - 12:00 pm
 IWD Multipurpose Room
 530 First Avenue



Living with anxiety can be a challenge. You are not alone. In this workshop, we will learn more about anxiety and how to improve your symptoms and mood.


 **7/24**
 Community Resource Presentation
 In Home Services

Presented by NYC Department for the Aging

Wednesday, July 24th
 11:00 am - 12:15 pm
 IWD Multipurpose Room
 530 First Avenue



Need help with personal grooming or household chores? Are you unable to cook your meals? The Department for the Aging (DFTA) works with case-management agencies to provide in-home care for people age 60 and older. Come learn how to access these services at this informative session.

 **8/6**
 IWD's Open House - Information Fair

Tuesday, August 6th
 10:00 am - 3:00 pm
 IWD Multipurpose Room
 530 First Avenue



Stop by our Open House! Come speak to staff, meet representatives from various community agencies and attend a complimentary fitness class during this special summer event!



Living Well Workshop
Planning a Healthy Diet

Presented by IWD Social Worker, Kathryn Malone

Thursday, August 15th
2:15 pm - 3:15 pm
IWD Multipurpose Room
530 First Avenue



The foods we eat impact the way we feel. Join us as we discuss foods and practices that elevate mood. We will also discuss the challenges of implementing a healthy diet and how to overcome obstacles that inhibit wellness.



Community Resource Presentation
Medicare Updates for 2020

Presented by NYC Department for the Aging

Wednesday, September 4th
11:00 am - 12:15 pm
IWD Multipurpose Room
530 First Avenue



Get the latest updates on your 2020 Medicare benefits. Come learn important information you need in order to navigate your health insurance in the coming year. Question and answer session to follow.



Educational Workshop
Trauma: Impacts on Health

Presented by IWD Social Worker, Kathryn Malone

Thursday, September 12th
11:30 am - 12:30 pm
IWD Multipurpose Room
530 First Avenue



Research has established that exposure to trauma can lead to adverse health outcomes. In this workshop, we will discuss how traumatic experiences impact our physical and mental health and the resources available to begin to address trauma and improve wellness.



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