

News

National Women's Health Week begins on Mother's Day each year, it is a reminder for women and girls to make their health a priority. It is extremely important for all of us, especially those with underlying health conditions to take care of your health now. Some steps we can take for better health are talking to your healthcare provider if you have any concerns or health related questions. Try to maintain a healthy weight, eat a heart healthy diet, practice good sleep habits, and pay attention to your mental health. It's best to find an approach that works for you, it is not always easy to take steps for better health. Reflect on your own health goals and focus on what motivates you to be the healthiest you can be.

The monthly fee for exercise classes is \$40, with scholarship the monthly fee is reduced to \$20 this will allow access to an unlimited amount of virtual classes. We are currently accepting check or money order as forms of payment. All payments can be mailed to IWD at: 318 East 23rd Street New York, NY 10010. Please contact our office at 212-598-6429 to register or to voice any questions or concerns.

Highlights of our Virtual Educational Workshops

Anxiety Workshop Series

Tuesday, 5/4, 5/11 & 5/18 from 11:00 am — 12:00 pm

Presented by: Litsa DeJulio, LCSW

We all experience anxiety, which is a normal part of life. Sometimes though, we feel more worried, which can be hard to manage. In this workshop series, learn more about anxiety and how to improve your symptoms and mood.

Healthier Living Workshop: Discussion Group

Wednesday, 5/12 & 5/26 from 10:00 am — 10:45 am

Presented by: Kathryn Malone, LMSW

This discussion group will focus on the topic of healthy living. A good plan for healthy living may improve your health and quality of life. It might also lower your risk for future illnesses. Join us as we discuss on a topic that's relevant for all of us!

NYC Emergency Management Emergency Preparedness Presentation

Friday, 5/14 from 2:00 pm — 3:00 pm

Presented by: Matthew Puvogel, Individual Preparedness Specialist at NYC Emergency Management

Are you prepared for an emergency? Disasters don't plan ahead, but you can. Blackouts, flooding, and other unpredictable events can happen at anytime. This potentially lifesaving presentation, which teaches the important steps you need to take in order to prepare for emergencies before they happen.

Feel Comfortable with Independent Living:

Helpful Assistive Devices for Independent Living Workshop

Friday, 5/21 from 3:00 pm — 4:00 pm

Presented by: Connie Lam

Assistive devices and gadgets are fantastic resources to help with maintaining daily activities and routines, while encouraging to live an independent lives. This workshop will introduce you to the different types of assistive devices available, talk about the benefits and assumptions people might have.



**May
2021**

IWD Virtual Classes Calendar

May 2021

Adaptive Workout

Monday 11:00 am – 12:00 pm
5/3, 5/10, 5/17, 5/24
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. This class can be done in a seated and/or standing position.

Moving For Life

Tuesday 1:00 pm – 2:00pm
5/4, 5/11, 5/18, 5/25
Instructor: Jyothi Larson

Moving For Life focuses on building balance, coordination, strength, and flexibility through dance, weight bearing and muscle strengthening exercises. A fun, invigorating class beneficial for everyone but especially for those with osteopenia and osteoporosis.

Adaptive Workout

Wednesday 11:00 am – 12:00 pm
5/5, 5/12, 5/19, 5/26
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. This class can be done in a seated and/or standing position.

Zumba

Wednesday 3:00 pm – 4:00 pm
5/5, 5/12, 5/19, 5/26
Instructor: Emi Asano

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. This class will be adapted to all levels and abilities and can be done in a seated and/or standing position.

Empowerment Group

Thursday 11:00 am – 11:45 am
5/13, 5/20, 5/27
Led by: Kathryn Malone, LMSW

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

Strength & Tone

Friday 11:00 am – 12:00 pm
5/7, 5/14, 5/21
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. This class can be done in a seated and/or standing position.

Chair Pilates

Friday 12:30 pm – 1:30 pm
5/7 & 5/21
Instructor: Gail Accardi

Exercise incorporates techniques to strengthen your core and upper body muscles. Core and arm exercises help build better balance, stability and shoulder mobility. This class will be adapted to all levels and abilities and can be done in a seated and/or standing position.

Virtual Gathering:

Birthday Celebration!

Wednesday 1:00 pm- 2:00 pm
5/19
Led by: IWD Staff

You're Invited! Come celebrate your birthday with us and other IWD participants who have birthdays in the month of May.

Virtual Gathering:

Virtual Trivia!

Tuesday 3:00 pm – 3:45 pm
5/11 – Theme: All About May
5/25 – Theme: Memorial Day

You are invited to join us for a fun, interactive virtual event from the comfort of your own home. It's simple to play along, and lots of fun.

News

Summer is approaching which means longer days and more sunlight! We often hear too much of the sun's rays can be harmful to your skin, but the right balance can have mood lifting benefits. Getting anywhere from 5 to 15 minutes of sunlight, two to three times a week is enough to enjoy the vitamin D boosting benefits of the sun. But remember while you're out enjoying the warm sunlight dermatologist recommend using a sunscreen with an SPF of at least 30 to help prevent skin cancer. IWD is here to help you achieve your summer fitness goals with our virtual fitness classes, if it's not fitness you are looking for join us socially in a discussion group or virtual gathering.

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Highlights of our Virtual Educational Workshops

Organization Workshop Series

Tuesday, 6/15, 6/22 & 6/29 from 11:00 am — 12:00 pm

Presented by: Litsa DeJulio, LCSW

Feeling overwhelmed with clutter? Difficulty organizing daily life and home? Join our Organization Workshop Series for support along with tips to manage clutter, organize life, and stress less.

Healthier Living Workshop: Discussion Group

Wednesday, 6/9 & 6/23 from 10:00 am — 10:45 am

Presented by: Kathryn Malone, LMSW

This discussion group will focus on the topic of healthy living. A good plan for healthy living may improve your health and quality of life. It might also lower your risk for future illnesses. Join us as we discuss on a topic that's relevant for all of us!

Understanding Social Security Disability Benefit Workshop

Thursday, 6/17 from 3:00 pm — 4:00 pm

Presented by: Vincent J. Scocozza, Public Affairs Specialist, Social Security Administration

The Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs share many concepts and terms, however, there are also many very important differences in the rules affecting eligibility and benefit payments. This workshop provides a brief overview of SSI and SSDI, and includes an explanation of the eligibility, coverage, and the benefits.

NY Connects Workshop: Your Link to Long Term Services and Supports

Monday, 6/21 from 2:00 pm — 3:00 pm

Presented by: Liliete Lopez, MA Outreach Specialist, NY Connects Center for Independence of the Disabled in New York (CIDNY)

CIDNY's NY Connects program is the trusted place to go for free, unbiased information and assistance around short term and long term services, resources and supports. They work with New Yorkers of all ages and with any type of disability whether they live at home, in a nursing home, or another residential setting. The goal is to help connect people with the resources they need to achieve and maintain their independence including by helping people enroll in benefits and programs.

June
2021

IWD Virtual Classes Calendar

June 2021

Adaptive Workout

Monday 11:00 am – 12:00 pm
6/7, 6/14, 6/21, 6/28
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. This class can be done in a seated and/or standing position.

Moving For Life

Tuesday 1:00 pm – 2:00pm
6/8, 6/15, 6/22, 6/29
Instructor: Jyothi Larson

Moving For Life focuses on building balance, coordination, strength, and flexibility through dance, weight bearing and muscle strengthening exercises. A fun, invigorating class beneficial for everyone but especially for those with osteopenia and osteoporosis.

Adaptive Workout

Wednesday 11:00 am – 12:00 pm
6/2, 6/9, 6/16, 6/23, 6/30
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Virtual Gathering:

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6/8 – Theme: Guess the Word
6/22 – Theme: All About June

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