

PUT CARE ON YOUR CALENDAR IN AUGUST

Every month you'll find new programs to help you stay healthy, get well and live better. All classes are free and open to the public.

Come join us at EmblemHealth Neighborhood Care and together we can make our community a healthier and happier place.

206-20 Linden Blvd. Cambria Heights

1 Thursday
Dining Diversity Nutrition Class
10:30-11:30 am

2 Friday
EHNC Community Partnership
9:30-11:00 am

3 Saturday
Healthy Living with Diabetes
10:30 am-1:00 pm
Sarcoidosis Group Meeting
3:00-4:00 pm
Summer Fitness Workout
5:00-6:00 pm

5 Monday
Low Impact Zumba
10:30-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm

7 Wednesday
Low Impact Zumba
10:30-11:30 am

8 Thursday
Cell Phone Literacy for Older Adults
10:30-11:30 am
Meditation
2:00-3:00 pm

10 Saturday
Healthy Living With Diabetes
10:30 am-1:00 pm
Summer Fitness Workout
5:00-6:00 pm

12 Monday
Low Impact Zumba
10:30-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm

14 Wednesday
Low Impact Zumba
10:30-11:30 am

15 Thursday
Dining Diversity Nutrition Class
6:00-7:00 pm

17 Saturday
Healthy Living with Diabetes
10:30 am-1:00 pm
Summer Fitness Workout
5:00-6:00 pm

19 Monday
Low Impact Zumba
10:30 am-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm

21 Wednesday
Low Impact Zumba
10:30-11:30 am

22 Thursday
Medicare 101
10:30-12:30 pm
*A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-800-447-9169, daily from 8 am-8 pm. For the hearing and speech impaired, call TTY# 711, daily from 8 am-8 pm.

Caregivers Support Group
2:00-3:30 pm

24 Saturday
Healthy Living with Diabetes
10:30 am-1:00 pm
Summer Fitness Workout
5:00-6:00 pm

26 Monday
Low Impact Zumba
10:30-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm

27 Tuesday
Understanding Blood Pressure Medication
12:00 Noon-1:00 pm

28 Wednesday
Low Impact Zumba
10:30-11:30 am
FREE Community Dental Screening Ages 2-21
For further details give us a call.
2:00-5:00 pm

30 Friday
FREE Community Dental Screening Ages 2-21
For further details give us a call.
2:00-5:00 pm

31 Saturday
Healthy Living with Diabetes
10:30 am-1:00 pm
Summer Fitness Workout
5:00-6:00 pm

*HIP Health Plan of New York (HIP) is a Medicare Advantage organization with a Medicare contract. Group Health Incorporated (GHI) is a Medicare Advantage organization and a standalone prescription drug plan with a Medicare contract. HIP and GHI are EmblemHealth companies. Y0026_123535 Approved 5/29/2013

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For all events, RSVP: 646-476-1294 | ehnc.com