



PUT CARE ON YOUR CALENDAR IN AUGUST

Visit us at the
Neighborhood Room
215 West 125th Street

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.

3 *Saturday*
Dining Diversities for Diabetics
11:00 am-12:00 Noon

5 *Monday*
Walk Away the Pounds
11:00 am-12:00 Noon
Low Impact Zumba
5:30-6:30 pm

8 *Thursday*
Introduction to Yoga
5:45-6:45 pm

10 *Saturday*
Tai Chi and Meditation
11:30 am-12:30 pm

12 *Monday*
Walk Away the Pounds
11:00 am-12:00 Noon

14 *Wednesday*
Meditation Made Easy
2:00-3:00 pm

17 *Saturday*
Family Yoga
1:00-2:00 pm

19 *Monday*
Walk Away the Pounds
11:00 am-12:00 Noon

20 *Tuesday*
Dining Diversities for Diabetics
5:30-6:30 pm

21 *Wednesday*
Friends in Deed
Support Group for Serious Illness
12:00 Noon-1:00 pm

22 *Thursday*
Understanding Blood
Pressure Medications
12:00 Noon-1:00 pm

23 *Friday*
Medicare 101*
10:30 am-12:00 Noon

*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.

24 *Saturday*
Tai Chi and Meditation
11:30 am-12:30 pm

26 *Monday*
Walk Away the Pounds
11:00 am-12:00 Noon
Low Impact Zumba
5:30-6:30 pm

28 *Wednesday*
Caregiver Support Group
2:00 pm-3:30 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: 347-978-5754 | ehnc.com