

BROKER FOCUS

Published for the Broker Community

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Put Care on Your Calendar

Every month we offer new programs to help members in the community stay healthy, get well and live better. All classes are free and open to the public.

Some popular classes include:

- Dining Diversities for Diabetics
- Support Group for Series Illness
- How to Use Your Smartphone
- Walk Away the Pounds
- Caregiver Support Group
- Tai Chi and Meditation

Check out what's happening in August in [Harlem](#) and [Cambria Heights](#)!



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.

204-20 Linden Blvd. Cambria Heights

12 Monday Low Impact Zumba
10:30-11:30 am
9900 Bx 600

24 Saturday Healthy Living with Diabetes
10:30 am-12:00 pm
2000 139th Street

**Visit us at the Neighborhood Room
215 West 125th Street**

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| 3 Saturday Spring Dinners for Diabetics 9:30 am-12:00 Noon | 17 Saturday Family Yoga 10:30-11:30 am | 23 Friday Medicare 101 10:30 am-12:00 Noon |
| 5 Monday Walk Away the Pounds 10:30 am-12:00 Noon | 19 Monday Walk Away the Pounds 10:30 am-12:00 Noon | 25 Monday Walk Away the Pounds 10:30 am-12:00 Noon |
| 8 Thursday Dining Diversities for Diabetics 5:30-6:30 pm | 20 Tuesday Dining Diversities for Diabetics 5:30-6:30 pm | 26 Wednesday Walk Away the Pounds 10:30 am-12:00 Noon |
| 10 Sunday Tai Chi and Meditation 10:30 am-12:00 pm | 21 Wednesday Tai Chi and Meditation 10:30 am-12:00 pm | 28 Wednesday Caregiver Support Group 10:30 am-12:00 pm |
| 12 Monday Walk Away the Pounds 10:30 am-12:00 Noon | 22 Thursday Understanding Blood Pressure Medications 10:30 Noon-12:00 pm | |
| 14 Wednesday Medication Made Easy 10:30-11:30 am | | |

For all events, call 347-876-5754 | [ehc.com](#)

EmblemHealth
NEIGHBORHOOD CARE