

PUT CARE ON YOUR MARCH CALENDAR

Visit us at the
Neighborhood Room
206-20 Linden Blvd.
Cambria Heights

At EmblemHealth Neighborhood Care you'll find new programs every month to help you stay healthy, get well and live better. All classes are FREE and open to the public.

1 Saturday
Sarcoidosis Support Group
3:00-4:00 pm
Winter Workout
5:00-6:00 pm

3 Monday
Low Impact Zumba
10:30-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm
**The National Alliance on
Mental Health For Caregivers**
4:30-7:00 pm

4 Tuesday
Rhythm & Flow Yoga
6:00-7:00 pm

5 Wednesday
**Healthy Living With
Chronic Conditions**
1:30-4:00 pm

6 Thursday
Dining Diversities for Diabetics
10:30-11:30 am

7 Friday
EHNC Community Partnership
9:30-11:00 am
Low Impact Zumba
11:30 am-12:30 pm
Workout Asthma - Zumba Style
1:00-2:00 pm

8 Saturday
Winter Workout
5:00-6:00 pm

10 Monday
Low Impact Zumba
10:30-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm
**The National Alliance on
Mental Health For Caregivers**
4:30-7:00 pm

11 Tuesday
Intro to Tai Chi/Qigong
11:30 am-12:30 pm
**Healthcare Reform
(Obama Care 101)**
10:30-11:30 am

12 Wednesday
**Healthy Living With
Chronic Conditions**
1:30 -4:00 pm

13 Thursday
**Cell Phone Literacy
For Older Adults**
10:30-11:30 am
Meditation Made Easy
2:00-3:00 pm

14 Friday
Low Impact Zumba
11:30 am-12:30 pm
Workout Asthma - Zumba Style
1:00-2:00 pm

15 Saturday
Relaxing Massage
1:00-4:00 pm
Winter Workout
5:00-6:00 pm

17 Monday
Low Impact Zumba
10:30-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm
**The National Alliance on
Mental Health For Caregivers**
4:30-7:00 pm

18 Tuesday
**Shopping Matters
Nutrition Class**
10:00-11:00 am
**Healthwise Handbook:
Self Care For You & Your Family**
11:30 am-12:30 pm
(EmblemHealth members only)
Rhythm & Flow Yoga
6:00-7:00 pm

19 Wednesday
**Healthy Living With
Chronic Conditions**
1:30-4:00 pm

20 Thursday
A1C Diabetes Information Class
2:00-3:00 pm

21 Friday
**Come Talk With Greg— One on
One FREE Caregiving Session**
11:00 am-4:00 pm
(Call for appointment)
Low Impact Zumba
11:30 am-12:30 pm
Workout Asthma - Zumba Style
1:00-2:00 pm

22 Saturday
**National Council of Negro
Women Young Women's Group**
2:30-4:30 pm
Winter Workout
5:00-6:00 pm

24 Monday
Low Impact Zumba
10:30-11:30 am
Sitting Exercise
12:00 Noon-1:00 pm
**The National Alliance on
Mental Health For Caregivers**
4:30-7:00 pm

26 Wednesday
**Healthy Living With
Chronic Conditions**
1:30-4:00 pm

27 Thursday
**Understanding Diabetes
Medications**
10:30-11:30 am
**Caregiver Empowerment—
Group Support for the
Family Caregiver**
2:00-3:30 pm
**YAI - How To Navigate The
Service System For Individuals
With Developmental Disabilities**
4:00-5:00 pm

28 Friday
Low Impact Zumba
11:30 am -12:30 pm
Workout Asthma - Zumba Style
1:00-2:00 pm

29 Saturday
Winter Workout
5:00-6:00 pm

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

Group Health Incorporated (GHI), HIP Health Plan of New York (HIP), HIP Insurance Company of New York and EmblemHealth Services Company, LLC are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

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For a full calendar of events and to RSVP visit us at ehnc.com
or call 1-866-539-0999


EmblemHealth
NEIGHBORHOOD CARE