



# PUT CARE ON YOUR CALENDAR IN MARCH

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.

## Visit us at 87 Bowery

**MAR 3** *Monday*

**GENTLE YOGA**  
2:00 - 3:30 pm

**MAR 4** *Tuesday*

**KEEPING IT SIMPLE:  
YOUR HEALTH BENEFITS  
EXPLAINED**  
11:00 am - 6:00 pm  
(call for your 1 on 1 appointment)

**MAR 5** *Wednesday*

**CHINESE LINE DANCE  
WITH LINDA**  
2:00 - 3:00 pm

**MAR 7** *Friday*

**ACS FREE SCREENING**  
9:00 am - 4:00 pm  
(Call 917-715-9845 to  
make an appointment)

**MAR 8** *Saturday*

**UNDERSTANDING YOUR  
MEDICATION:  
HYPERTENSION**  
11:00 am - 12:30 pm

**MAR 10** *Monday*

**GENTLE YOGA**  
2:00 - 3:30 pm

**MAR 11** *Tuesday*

**AAFE AFFORDABLE  
HOUSING WORKSHOP**  
3:00 - 4:00 pm

**MAR 12** *Wednesday*

**CHINESE LINE DANCE  
WITH LINDA**  
2:00 - 3:00 pm

**MAR 14** *Friday*

**HIX MEMBER BENEFIT  
EXPLANATION**  
11:00 am - 12:00 pm  
(Emblem members only)

**AFTERNOON TEA**  
3:00 - 4:00 pm

**MAR 17** *Monday*

**GENTLE YOGA**  
2:00 - 3:30 pm

**MAR 18** *Tuesday*

**CARE FOR THE  
CAREGIVERS**  
11:00 am - 4:00 pm  
(all for your 1 on 1 appointment)

**MAR 19** *Wednesday*

**CHINESE LINE DANCE  
WITH LINDA**  
2:00 - 3:00 pm

**MAR 21** *Friday*

**UNDERSTANDING YOUR  
MEDICATION:  
DIABETES**  
11:00 am - 12:30 pm

**MAR 24** *Monday*

**GENTLE YOGA**  
2:00 - 3:30 pm

**MAR 25** *Tuesday*

**KEEPING IT SIMPLE:  
YOUR HEALTH BENEFITS  
EXPLAINED**

11:00 am - 6:00 pm  
(call for your 1 on 1 appointment)

**CHAIR MASSAGE**

3:00 - 6:00 pm  
(Call to make an appointment)

**MAR 26** *Wednesday*

**CHINESE LINE DANCE  
WITH LINDA**  
2:00 - 3:00 pm

**MAR 28** *Friday*

**MEDICAID  
RECERTIFICATION**

11:00 am - 12:00 pm  
(Call to reserve a seat)

**AFTERNOON TEA**

3:00 - 4:00 pm

**HIX MEMBER BENEFIT  
EXPLANATION**

4:00 - 5:00 pm  
(Emblem members only)

**MAR 29** *Saturday*

**BASIC INSURANCE  
TERMINOLOGY**  
3:00 - 4:00 pm

**MAR 31** *Monday*

**GENTLE YOGA**  
2:00 - 3:30 pm

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For a full calendar of events and to RSVP visit us  
at [ehnc.com](http://ehnc.com) or call 1-855-283-2151



**EmblemHealth**<sup>®</sup>

NEIGHBORHOOD CARE

安保社區關懷中心