

PUT CARE ON YOUR MARCH CALENDAR

Visit us at the
Neighborhood Room
215 West 125th Street

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

Intro to Tai Chi and Qigong
11:30 am-12:30 pm
(Space limited-must call to reserve)

3 Monday

Walk Away the Pounds
11:00 am-12:00 Noon
Understanding Diabetes and Medications
4:00-5:30 pm
Low Impact Zumba w/Antonia
6:00-7:00 pm

4 Tuesday

Caregiver's Support Group w/Marion
12:30-2:00 pm
HEALTHWISE: Handling Emergencies for You & Your Family
Get a free copy of the *Healthwise Handbook*
3:30-4:30 pm
(EmblemHealth members only)
SHARE: Breast Cancer Support Group for Women of African, African-American & Caribbean Heritage
5:30-7:00 pm

5 Wednesday

Keeping it Simple: YOUR Health Benefits Explained
11:00 am-6:00 pm
(Call for your 1:1 appointment)
Sitting Chi Breath/Stretch
5:30-6:30 pm
(Space limited-must call to reserve)

6 Thursday

Walk Away the Pounds
11:30 am-12:30 pm
Select Care Info Session
(For EmblemHealth Select Care network members only)
3:00-4:00 pm
Resistance Band Workout: A fun way to tone and strengthen muscles!
5:30-6:30 pm

8 Saturday

Intro to Tai Chi and Qigong
11:30 am-12:30 pm
(Space limited-must call to reserve)
Black Inventors Of Health: Fun family Arts & Crafts Storytelling Event!
2:00-4:00 pm
FREE 15 Minute Chair Massage
1:00-4:00 pm
(Call for appointment)

10 Monday

Walk Away the Pounds
11:00 am-12:00 Noon
Intro to Yoga
5:45-6:45 pm

11 Tuesday

Cell Phone Literacy For Older Adults
3:30-5:00 pm
Eating for Health w/Max
5:30-6:30 pm
Moving For Life - Dance Exercise for Cancer Recovery
(Family members welcome)
5:45-6:45 pm

12 Wednesday

Friends in Deed—Support Group for Serious Illness, Grief or Loss
12:00 Noon-1:00 pm
Sitting Chi Breath/Stretch
5:30-6:30 pm
(Space limited-must call to reserve)

13 Thursday

Healthcare Reform (Obama Care 101)
4:00-5:30 pm
West African Dance Class w/Ndeye
5:30-6:30 pm

14 Friday

Come Talk With Greg— One on One FREE Caregiving Session
11:00 am-4:00 pm
(Call for appointment)
Bed Aerobics: Easy Bed Exercises for the Mind, Body & Spirit
5:30-6:30 pm
(Space limited-must call to reserve)

15 Saturday

Intro to Tai Chi and Qigong
11:30 am-12:30 pm
(Space limited-must call to reserve)

17 Monday

Walk Away the Pounds
11:00 am-12:00 Noon
Low Impact Zumba w/Antonia
6:00-7:00 pm

18 Tuesday

Meditation Made Easy
1:00-2:00 pm
SHARE: Breast Cancer Support Group for Women of African, African-American & Caribbean Heritage
4:00-5:30 pm
Moving For Life - Dance Exercise for Cancer Recovery
(Family members welcome)
5:45-6:45 pm

19 Wednesday

Sitting Chi Breath/Stretch
5:30-6:30 pm
(Space limited-must call to reserve)

20 Thursday

Walk Away the Pounds
11:00 am-12:00 Noon
SWEET SUCCESS: A Mind-Body-Sprit Approach to Diabetes Management (6 week series)
4:30-7:00 pm
Must register at: 646-574-6140
Harlem Stroke Foundation Support Group
5:00-7:00 pm

22 Saturday

Intro to Tai Chi and Qigong
11:30 am-12:30 pm
(Space limited-must call to reserve)
FREE 15 Minute Chair Massage
1:00-4:00 pm
(Call for appointment)

24 Monday

Walk Away the Pounds
11:00 am-12:00 Noon
Low Impact Zumba w/Antonia
6:00-7:00 pm

25 Tuesday

Eating for Health w/Max
5:30-6:30 pm
Moving For Life - Dance Exercise for Cancer Recovery
(Family members welcome)
5:45-6:45 pm

26 Wednesday

Friends in Deed—Support Group for Serious Illness, Grief or Loss
12:00 Noon -1:00 pm
Sitting Chi Breath/Stretch
5:30-6:30 pm
(Space limited-must call to reserve)

27 Thursday

Cell Phone Literacy For Older Adults
3:00-4:30 pm
SWEET SUCCESS: A Mind-Body-Sprit Approach to Diabetes Management (6 week series)
4:30-7:00 pm
Space limited - must register at:
646-574-6140

28 Friday

Bed Aerobics: Easy Bed Exercises for the Mind, Body & Spirit
5:30-6:30 pm
(Space limited-must call to reserve)

29 Saturday

Intro to Tai Chi and Qigong
11:30 am -12:30 pm
(Space limited-must call to reserve)

31 Monday

Select Care Info Session
(For EmblemHealth Select Care network members only)
4:30-5:30 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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10-8117PD 2/14

For a full calendar of events and to RSVP visit us at ehnc.com or call 1-866-469-0999


EmblemHealth
NEIGHBORHOOD CARE