

# TAKE A SMALL STEP TOWARD HEALTHIER LIVING WITH THESE EVENTS & ACTIVITIES.

EmblemHealth Neighborhood Care has monthly FREE programs open to the public to help you achieve a healthier lifestyle — one small step at a time.



## JANUARY

**01 | THU**

**HAPPY NEW YEAR!**

*Closed for the holiday*

**02 | FRI**

**Healthy Habits for the New Year!**

Learn how to manage your calorie, nutrition and fitness needs to lose, gain or maintain your weight

5:00—6:00 pm

**Intro to Yoga**

5:00—6:00 pm *call to reserve*

**03 | SAT**

**Intro to Tai Chi & Qigong**

11:30 am—12:30 pm

*call to reserve*

**Shakin in Your Seat: Chair Zumba**

1:30—2:30 pm *call to reserve*

**05 | MON**

**Walk Away The Pounds**

11:00 am—12 Noon *call to reserve*

**Low Impact Zumba w/ Antonia**

5:30—6:30 pm

**06 | TUE**

**Caregiver's Empowerment**

**Group w/ Marion**

12:30—2:00 pm

**SHARE Breast Cancer Support Group**

For Women of African, African-American & Caribbean Heritage

5:00—6:30 pm

**Fit2 The Core w/ Theresa Racine:**

Strengthen muscles with kickboxing & resistance bands

5:30—6:30 pm

**07 | WED**

**Sitting Chi Breath/Stretch**

5:30—6:30 pm *call to reserve*

**08 | THU**

**Understanding High Blood Pressure & Medications**

2:30—3:30 pm

**Intro To Belly Dancing!**

5:00—6:00 pm

**09 | FRI**

**Walk Away The Pounds**

11:00 am—12 Noon *call to reserve*

**Come Talk With Greg:**

One on One FREE caregiving session

11:00 am—4:00 pm *call to reserve*

**African Dance w/ Ndeye**

5:00—6:00 pm

**10 | SAT**

**Intro to Tai Chi & Qigong**

11:30 am—12:30 pm *call to reserve*

**FREE 15 Minute Chair Massage**

10:30 am—3:30 pm *call to reserve*

**12 | MON**

**Walk Away The Pounds**

11:00 am—12:00 Noon

*call to reserve*

**Intro to Yoga**

5:30—6:30 pm *call to reserve*

**13 | TUE**

**Understanding Your Cellphone,**

**iPad/Tablet:** For older adults (taught in Spanish)

2:00—3:30 pm *Must bring own device*

**Eating For Health w/ Max**

4:00—5:30 pm

**Moving For Life Gentle**

**Dance Exercise for All:**

Seated/standing workout

5:30—6:30 pm

**14 | WED**

**Friends In Deed:** Support group

for serious illness, loss & grief

12:00 Noon—1:00 pm

**Coffee & Conversation —**

**Obamacare:** Answering

your Affordable Care Act questions

3:00—4:00 pm

**Sitting Chi Breath/Stretch**

5:30—6:30 pm *call to reserve*

**15 | THU**

**Understanding Cholesterol**

**& Medications**

2:30—3:30 pm

**Harlem Stroke Foundation Support Group**

4:30—6:30 pm

# HIGHLIGHTS

**02 | FRI**  
**Healthy Habits for  
the New Year!**  
5:00—6:00 pm

**14 | WED**  
**Coffee & Conversation**  
3:00—4:00 pm

**14, 28 | WED**  
**Friends In Deed**  
12:00 Noon—1:00 pm

**15 | THU**  
**Understanding Cholesterol  
& Medications**  
2:30—3:30 pm

**16 | FRI**  
**Healthwise, Handling Emergencies—  
Self Care for You & Your Family:**  
Receive a FREE copy of the  
Healthwise Handbook  
3:00—4:30 pm

**17 | SAT**  
**Intro to Tai Chi & Qigong**  
11:30 am—12:30 pm *call to reserve*

**19 | MON**  
**Walk Away The Pounds**  
11:00 am—12 Noon *call to reserve*

**Low Impact Zumba w/ Antonia**  
5:30—6:30 pm

**20 | TUE**  
**Meditation Made Easy**  
1:00—2:00 pm

**SHARE Breast Cancer Support Group**  
For Women of African, African-  
American & Caribbean Heritage  
5:00—6:30 pm

**Moving For Life Gentle  
Dance Exercise for All:**  
Seated/standing workout  
5:30—6:30 pm

**21 | WED**  
**Understanding Your iPad/Tablet:**  
For older adults  
2:00—3:30 pm  
*Must bring own device*  
**Sitting Chi Breath/Stretch**  
5:30—6:30 pm  
*call to reserve*

**22 | THU**  
**Intro to Belly Dancing!**  
5:00—6:00 pm

**23 | FRI**  
**Walk Away The Pounds**  
11:00 am—12 Noon *call to reserve*

**African Dance w/ Ndeye**  
5:00—6:00 pm

**24 | SAT**  
**Intro to Tai Chi and Qigong**  
11:30 am—12:30 pm *call to reserve*

**FREE 15 Minute Chair Massage**  
10:30 am—3:30 pm *call to reserve*

**26 | MON**  
**Walk Away The Pounds**  
11:00 am—12:00 Noon *call to reserve*

**Low Impact Zumba w/ Antonia**  
5:30—6:30 pm

**27 | TUE**  
**Eating For Health w/ Max**  
4:00—5:30 pm

**Moving For Life Gentle  
Dance Exercise for All:**  
Seated/standing workout  
5:30—6:30 pm

**28 | WED**  
**Friends In Deed:** Support group  
for serious illness, loss & grief  
12:00 Noon—1:00 pm

**Sitting Chi Breath/Stretch**  
5:30—6:30 pm *call to reserve*

**30 | FRI**  
**Cell Phone Literacy for Older Adults**  
11:00 am—12:30 pm  
*must bring own device*

**31 | SAT**  
**Intro to Tai Chi and Qigong**  
11:30 am—12:30 pm *call to reserve*

**Shakin In Your Seat: Chair Zumba**  
1:30—2:30 pm *call to reserve*

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For a full calendar visit us at [ehnc.com](http://ehnc.com) or call 1-866-469-0999.