

# June 2021 Vitality Calendar Virtual Programs



## Laughter Yoga\*

Thursday, June 3 at 6:00pm and June 17 at 11:00am

<https://us02web.zoom.us/j/7873878902?pwd=UUdNdXBqUS9GYXh1L3pTTmNXZ25lUT09>

Meeting ID: 787 387 8902 Passcode: NewYork

## Keeping Memory Alive

Monday, June 7 at 10:00am

Dietitian

## Breakfast Club

Thursday, June 10 at 9:00am

Scams with Gary Brown, Asst. District Attorney

## Osteoporosis

Thursday, June 10 at 10:30am

Fall Prevention

## Alzheimer's Caregivers Support Group\*

Friday, June 11 and 25 at 10:00am

Registration is required for meeting information

## Holistic Pain Management

Wednesday, June 16 at 9:00am

Tai Chi

## Parkinson's Support Group

Tuesday, June 22 at 2:30pm

## Bereavement Support Group

Individual Counseling

### Important Information:

Please check your e-mails for links to the zoom sessions. Except when noted by an asterisk \*, the meeting ID is 575 366 7554 and the password is Vitality.

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For more information,  
please contact Ellen Woods  
at (914) 366-3937 or email  
[Vitality@northwell.edu](mailto:Vitality@northwell.edu).

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### Phelps Hospital Northwell Health

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