

March 2021 Vitality Calendar Virtual Programs



Keeping Memory Alive

Monday, March 1 at 10:00am
Chair Yoga

Laughter Yoga*

Thursday, March 6 at 6:00pm and March 18 at 11:00am

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

Meeting ID: 787 387 8902 Passcode: NewYork

Breakfast Club

Thursday, March 11 at 9:00am
Headaches and Migraines with Dr. Chaudhry

Osteoporosis

Thursday, March 11 at 10:30am
Occupational Therapy

Alzheimer's Caregivers Support Group*

Friday, March 12 and 26 at 10:00am
Registration is required for meeting information

Holistic Pain Management

Wednesday, March 17 at 9:00am
Dr. Jacobson

Parkinson's Support Group

Tuesday, February 23 at 2:30pm
Melissa Mack, OT: Home Safety and PD

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.

For more information,
please contact Ellen Woods
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Vitality@northwell.edu.

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