

# November 2021 Vitality Calendar Virtual Programs



## Keeping Memory Alive

Monday, November 1 at 10:00am  
Medical Management

## Laughter Yoga\*

Thursday, November 4 at 6:00pm and November 18 at 11:00am

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

Meeting ID: 787 387 8902 Passcode: NewYork

## Breakfast Club

Thursday, November 11 at 9:00am  
Hindsight is 20/20: the Challenges of Caregiving

## Osteoporosis

Thursday, November 11 at 10:30am  
Dr. Narwal

## Alzheimer's Caregivers Support Group\*

Friday, November 12 at 10:00am  
Registration is required for meeting information

## Holistic Pain Management

Wednesday, November 17 at 9:00am  
Dietitian

## Parkinson's Support Group

Tuesday, November 23 at 2:30pm

## 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  
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[Vitality@northwell.edu](mailto:Vitality@northwell.edu).

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## Phelps Hospital Northwell Health

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