

September 2021 Vitality Calendar Virtual Programs



Laughter Yoga*

Thursday, September 2 at 6:00pm and September 16 at 11:00am

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

Meeting ID: 787 387 8902 Passcode: NewYork

Breakfast Club

Thursday, September 9 at 9:00am

Hearing Problems

Osteoporosis

Thursday, September 9 at 10:30am

Fall Prevention

Alzheimer's Caregivers Support Group*

Friday, September 9th and 23rd at 10:00am

Registration is required for meeting information

Holistic Pain Management

Wednesday, September 15 at 9:00am

Sleep Hygiene

National Fall Prevention Awareness Day

September 22 TBD

Parkinson's Support Group

Tuesday, September 28 at 2:30pm

Bereavement Support Group

Individual Counseling: 914-223-1164

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
at (914) 366-3937 or email
Vitality@northwell.edu.

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