





DECEMBER

JOIN WITH A FRIEND!
Free classes held 2 pm – 3 pm!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 LGBT Bereavement Support Group Workshop: HIV and Aging with Mark Brennan-Ing, PhD	3	4
7 Dance Class	8	9 LGBT Bereavement Support Group SelectHealth MAC Meeting Workshop: Community Services from Diaspora	10 	11
14 Yoga Class	15	16 LGBT Bereavement Support Group Workshop: Cooking Class	17	18
21 Chair Exercise Class	22	23 LGBT Bereavement Support Group No Workshop	24	25  26 Saturday 
28 Tai Chi Class	29	30 LGBT Bereavement Support Group No Workshop	31 Happy New Year's!	



LGBT Bereavement Support Group
Wednesdays from 12 pm to 1 pm
COVID-19 has affected all of us in different ways. All are welcome to share experiences, listen and support one another as we move forward together. This is an 8 week series that will continue in January.

SelectHealth Member Advisory Council (MAC) Meeting
For SelectHealth members only.
Dec 9, 10 am – 11:30 am.
Call 1-866-469-7774 (TTY: 711) to register.

How to Participate:
1) Go to www.Zoom.com
2) Click on "Join Meeting"
3) Enter the following:
Meeting ID: 990 3357 1543

For more information, check out the new and improved SelectHealth website: SelectHealthNY.org

VNSNY CHOICE Health Plans complies with Federal civil rights laws. VNSNY CHOICE does not exclude people or treat them differently because of race, religion, color, national origin, age, disability, sex, sexual orientation, gender identity or gender expression.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-469-7774 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-469-7774 (TTY: 711)。