

April 2021

Join us for these free virtual events and classes.

Monday

Tuesday

Wednesday

Thursday

Friday



April 10 is National Youth HIV/AIDS Awareness Day.

				1 Exercise: Chair Yoga 10:00 am – 11:00 am	2 MSM Group 2:00 pm – 2:30 pm
5 Exercise Zumba Gold 10:00 am – 11:00 am	6 Exercise: Chair Class 10:00 am – 11:00 am Women's Group 11:00 am – 11:30 am	7 LGBT Bereavement Support Group 12:00 pm – 1:00 pm		8 Exercise: Chair Yoga 10:00 am – 11:00 am	9 MSM Group 2:00 pm – 2:30 pm
12 Exercise Zumba Gold 10:00 am – 11:00 am	13 Exercise: Chair Class 10:00 am – 11:00 am Women's Group 11:00 am – 11:30 am	14		15 Exercise: Chair Yoga 10:00 am – 11:00 am	16 MSM Group 2:00 pm – 2:30 pm
19 Chair Zumba Gold 10:00 am – 11:00 am	20 Exercise: Chair Class 10:00 am – 11:00 am Women's Group 11:00 am – 11:30 am	21		22 Exercise: Chair Yoga 10:00 am – 11:00 am	23 MSM Group 2:00 pm – 2:30 pm
26 Chair Zumba Gold 10:00 am – 11:00 am	27 Exercise: Chair Class 10:00 am – 11:00 am Women's Group 11:00 am – 11:30 am	28 LGBT, Friends and Allies Grief & Loss Support Group 7:00 pm - 8:00 pm		29 Exercise: Chair Yoga 10:00 am – 11:00 am	30 MSM Group 2:00 pm – 2:30 pm

To join The Alliance for Positive Change events:

- 1) Call 1-855-427-2692 or 212-645-0875, x0
- 2) Leave a message and you'll receive a call back from the Alliance.

Visit www.alliance.nyc for more information.

To join an exercise class:

- 1) Go to www.Zoom.com
- 2) Click on "Join Meeting"
- 3) Enter the following Meeting ID # 772 662 3351

To join the LGBT Bereavement Support groups:

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

To join the LGBT, Friends and Allies Grief & Loss Support group:

Go to SelectHealthNY.org/events to register

This is an 8 week program held via Zoom.com.

Stay in the know!

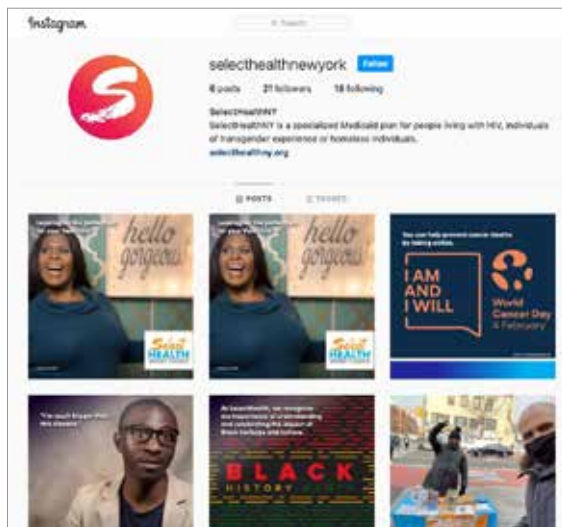
For news and event information, check out our website: SelectHealthNY.org

 Follow us on Facebook @SelectHealthNY



Some events to be held live on Facebook. Follow us to learn more!

 Follow us on Instagram @SelectHealthNewYork



"Progress" Pride Flag by @danielquasar

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)。