



CHOICESM
Health Plans

Join Us!

VNSNY CHOICE Virtual Exercise Series!

Every Tuesday and Thursday!

You are invited to a live exercise class from the comfort of your home! Join using a PC, Mac, iPad, iPhone or Android device.

Class is open to the first 100 attendees.



EVENT: Tuesday - Chair Exercise
Thursday - Chair Yoga

TIME: 10 am - 11 am

HOW TO PARTICIPATE: Click [HERE](#) to join the workshop via Zoom or see instructions on left to access the workshop

For questions, please call
9 am - 5 pm, Monday - Friday

Manhattan/Queens:

Ashley Carrillo, 917-886-5660

Bronx/Westchester:

Christy Harvey, 347-443-6723

Queens/Long Island:

Michael Leysath, 646-477-5152

Brooklyn/Staten Island:

Xiomara Guzman, 347-439-3916

Upstate NY:

Veronica Lestage, 917-647-5354



Join with Zoom!

- 1) Go to www.Zoom.com
- 2) Click on **“Join a Meeting”**
- 3) Enter the following:
Meeting ID: 772 662 3351

OR download the Zoom app:

- 1) Open the App Store or Google Play Store
- 2) Search for and download the Zoom app
- 3) Click **“Open”** and **“Join a Meeting”**
- 4) Enter the following:
Meeting ID: 772 662 3351