

Join us for a virtual meet-up!

SelectHealth Stretch & Learn Series Every Monday and Wednesday @ 2 pm

You're invited to a live exercise class on Monday afternoons from the comfort of your home. Join us again on Wednesday afternoons for our learning workshops.

Classes will be held via **Zoom**. Join using a PC, Mac, iPad, iPhone or Android device.

DATES: August 3, 5, 10, 12, 17, 19, 24, 26, 31

TIME: 2 pm – 3 pm (Mondays & Wednesdays)

HOW TO PARTICIPATE:

- 1) Go to www.Zoom.com
 - 2) Click on "Join Meeting"
 - 3) Enter the following:
Meeting ID: **990 3357 1543**
Passcode: **1543**
- Or join by phone
Dial (US) **+1 929-436-2866**
Passcode: **1543**



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

Amela: 646-416-3137

Jeanette: 646-983-5072

Carolina: 917-620-2697

For more information about
additional classes and workshops
from VNSNY CHOICE, visit:
vnsnychoice.org/attend-events

NEW
AUGUST
DATES!

The SelectHealth Stretch & Learn Series
is free and open to the public.



Select
HEALTH
VNSNY CHOICE

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)。