



CHOICE
Health Plans



Join Us!



Maintaining a healthy lifestyle and preventing injuries are some of the key fundamentals to leading a happy and healthy life. This presentation will cover topics such as the importance of staying active, aging and your eyes, why what you eat matters, and much more. Learn tips and tricks to stay healthy as you age from Maimonides Medical Center.

Join using a PC, Mac, iPad, iPhone or Android device.

TOPIC: *Healthy Aging for Older Adults*

HOST: *Gia Ramsey, Injury Prevention/ Education Outreach Coordinator*

DATE: *Wednesday, November 11*

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*

Join with Zoom!

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

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OR join via phone:

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

Manhattan/Queens:

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