

Healthy Living with Chronic Conditions Workshop Sites

MANHATTAN

Manhattan's Physician Group - West 55th Street

67 West 55th Street, 2nd Floor
Tuesdays, October 6, 13, 20, 27,
November 3, 10
1:00 pm – 3:30 pm
Workshop # M-1

Manhattan's Physician Group - East 23rd Street

324 East 23rd Street
Tuesdays, September 15, 22, 29,
October 6, 13, 20
5:30 pm – 8:00 pm
Workshop # M-2

Manhattan's Physician Group - East 95th Street

215 East 95th Street
Saturdays, September 12, 26,
October 3, 10, 17, 24
10:00 am – 12:30 pm
Workshop # M-3

Manhattan's Physician Group - Grand Street

570 Grand Street
Wednesdays, September 23, 30,
October 7, 14, 21, 28
9:30 am – 12:00 noon
Workshop # M-4

Manhattan's Physician Group - Upper Manhattan

1865 Amsterdam Avenue at
West 152nd Street
Saturdays, October 17, 24, 31,
November 7, 14, 21
1:00 pm – 3:30 pm
Workshop # M-5

BRONX & WESTCHESTER

Montefiore Medical Group

For dates and locations, please call
1-800-MD MONTE (1-800-636-6683).

Montefiore Medical Group - Family Health Center

360 East 193rd Street
3rd Floor Conference Room
Mondays, September 21, 28,
October 5, 12, 19, 26
2:00 pm – 4:30 pm
Workshop # Bx-1

To register for the above workshop
only, call Alfonsina Perez at
1-718-933-2400.

Montefiore Medical Group - Grand Concourse

2532 Grand Concourse
Conference Room
Saturdays, September 19, 26,
October 3, 10, 17, 24
9:30 am – 12:00 noon
Workshop # Bx-2

Montefiore Medical Group - Comprehensive Family Health Center

1621 Eastchester Road
1st Floor Conference Room
Tuesdays, September 15, 22, 29,
October 6, 13, 20
2:00 pm – 4:30 pm
Workshop # Bx-3

Montefiore Medical Group - Bronx East

2300 Westchester Avenue
Conference Room
Thursdays, September 24,
October 1, 8, 15, 22, 29
10:00 am – 12:30 pm
Workshop # Bx-4

Montefiore Medical Group - Comprehensive Health Care Center

305 East 161st Street
Thursdays, September 17, 24,
October 1, 8, 15, 22
2:00 pm – 4:30 pm
Workshop # Bx-5

Tuburan Wellness Center

456 North Street
White Plains, NY 10605
Saturdays, September 19, 26,
October 3, 10, 17, 24
1:00 pm – 3:30 pm
Workshop # W-1

Tuburan Wellness Center

456 North Street
White Plains, NY 10605
Saturdays, November 14, 21, 28,
December 5, 12, 19
1:00 pm – 3:30 pm
Workshop # W-2

BROOKLYN

Central Brooklyn Medical Group is now
Preferred Health Partners.

Preferred Health Partners - Bay Ridge

740 64th Street
Thursdays, September 24,
October 1, 8, 15, 22, 29
2:00 pm – 4:30 pm
Workshop # Bk-1

Preferred Health Partners - Bedford Williamsburg

233 Nostrand Avenue
Mondays, October 19, 26,
November 2, 9, 16, 23
10:00 am – 12:30 pm
Workshop # Bk-2



EmblemHealth[®]

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Preferred Health Partners - Brooklyn Heights

200 Montague Street
Fridays, October 2, 9, 16, 23, 30,
November 6
4:00 pm – 6:30 pm
Workshop # Bk-3

Preferred Health Partners - Coney Island

1230 Neptune Avenue
Tuesdays, October 13, 20, 27,
November 10, 17, 24
4:00 pm – 6:30 pm
Workshop # Bk-4

Preferred Health Partners - Downtown Center

447 Atlantic Avenue
Wednesdays, September 23, 30,
October 7, 14, 21, 28
2:00 pm – 4:30 pm
Workshop # Bk-5

Preferred Health Partners - Empire

546 Eastern Parkway
Tuesdays, September 22, 29,
October 6, 13, 20, 27
10:00 am – 12:30 pm
Workshop # Bk-6

Preferred Health Partners - Flatbush

1000 Church Avenue
Thursdays, October 1, 8, 15, 22, 29,
November 5
11:30 am – 2:00 pm
Workshop # Bk-7

Preferred Health Partners - Kings Highway

3245 Nostrand Avenue
Wednesdays, October 21, 28,
November 4, 18, 25, December 2
10:00 am – 12:30 pm
Workshop # Bk-8

Preferred Health Partners - Lindenwood

2832 Linden Boulevard
Thursdays, October 22, 29,
November 5, 12, 19, December 3
10:00 am – 12:30 pm
Workshop # Bk-9

QUEENS

Queens Long Island Medical Group - Flushing North

140-15 Sanford Avenue
Mondays, November 2, 9, 16, 23, 30,
December 7
10:00 am – 12:30 pm
Workshop # Q-1

Queens Long Island Medical Group - Elmhurst Medical Office

86-15 Queens Boulevard
Saturdays, October 17, 24, 31,
November 7, 14, 21
1:00 pm – 3:30 pm
Workshop # Q-2

OTHER LOCATION

Karpas

311 First Avenue at 18th Street
Tuesdays, October 20, 27,
November 3, 10, 17, 24
1:00 pm – 3:30 pm
Workshop # K-1

PLEASE NOTE:
SCHEDULE IS SUBJECT TO CHANGE
Classes offered on a first come, first served basis.

Registration required, so please register early.

Confirmation letter issued upon registration.

To enroll in a workshop or for more information, please call

1-646-447-7600 or e-mail

HealthyLiving@emblemhealth.com.