



ACACIA NETWORK & IPR/HE PRESENT

VIRTUAL WELLNESS SERIES

FOR ESSENTIAL WORKERS AND SENIORS

WHAT YOU NEED TO KNOW ABOUT:

NUTRITION

MONDAY, MARCH 1, 2021

11:00 AM - 12:00 PM

CLICK TO
JOIN MEETING

ZOOM DETAILS

Meeting Link:

[https://zoom.us/j/99730250732?
pwd=U0RvRkYrVFh0Y3JwSIEwRnhrOWNrdz09](https://zoom.us/j/99730250732?pwd=U0RvRkYrVFh0Y3JwSIEwRnhrOWNrdz09)

Join by Telephone:

Call-in: (646) 876-9923

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WHAT YOU NEED TO KNOW ABOUT:

MEDICAID

with

Leonora Bediner, CEO, & Jose Borreli
Expert Medicaid Consultants LLC

WEDNESDAY, MARCH 3, 2021

11:00 AM - 12:00 PM

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A Program of All-Inclusive Care for Adults 55+
by CenterLight Healthcare



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FOR ESSENTIAL WORKERS AND SENIORS

TAI CHI

with

Juan Perea

FRIDAY, MARCH 5, 2021

11:00 AM - 12:00 PM

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WHAT YOU NEED TO KNOW ABOUT:

NUTRITION

MONDAY, MARCH 8, 2021

11:00 AM - 12:00 PM

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WHAT YOU NEED TO KNOW ABOUT:

IMMUNIZATIONS

with
Pharmacist Freddy Acosta

WEDNESDAY, MARCH 10, 2021

11:00 AM - 12:00 PM

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ALTERNATIVE & NATURAL MEDICINE

with

Carla Gonzalez La Valle, BSN, RN
Puerto Rico Salud

FRIDAY, MARCH 12, 2021

11:00 AM - 12:00 PM

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WHAT YOU NEED TO KNOW ABOUT:

NUTRITION

MONDAY, MARCH 15, 2021

11:00 AM - 12:00 PM

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WHAT YOU NEED TO KNOW ABOUT:

COVID-19 & THE VACCINE

with

Riva Horenstein
Assistant Director of Clinical Intake
CenterLight Healthcare

WEDNESDAY, MARCH 17, 2021

11:00 AM - 12:00 PM

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WOMEN'S HISTORY MONTH CELEBRATION

Bohemia Para La Mujer

Bobby Capó
en la voz Jacqueline Capó



THURSDAY, MARCH 18, 2021

4:00 PM - 5:00 PM

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PARA LA CULTURA POPULAR



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ZUMBA

FRIDAY, MARCH 19, 2021

11:00 AM - 12:00 PM

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FOR ESSENTIAL WORKERS AND SENIORS

ART PRESENTATION

with
Whitney Museum of American Art

MONDAY, MARCH 22, 2021

11:00 AM - 12:00 PM

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VIRTUAL WELLNESS SERIES

FOR ESSENTIAL WORKERS AND SENIORS

WOMEN'S HISTORY MONTH CELEBRATION with Special Guests

THURSDAY, MARCH 24, 2021

11:00 AM - 12:00 PM

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FOR ESSENTIAL WORKERS AND SENIORS

MUSICAL PRESENTATION

FRIDAY, MARCH 26, 2021

11:00 AM - 12:00 PM

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FOR ESSENTIAL WORKERS AND SENIORS

AFRICAN DANCE

with

Tiola Baker

MONDAY, MARCH 29, 2021

11:00 AM - 12:00 PM

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ZOOM DETAILS

Meeting Link:

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FOR ESSENTIAL WORKERS AND SENIORS

HOW TO PROTECT YOURSELF FROM SCAMS

with

Karina Portes
Humana, Inc.

WEDNESDAY, MARCH 31, 2021

11:00 AM - 12:00 PM

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