



NEIGHBORHOOD Self Help by Older Persons Project
 Helping Older Adults Help Themselves

Click on the event titles in the calendar squares to register for virtual workshops with Zoom. After registering you will receive a confirmation email with information about joining the meeting.



August 7th at 1:00 PM

Diabetes & Healthy Eating

SHOPP Caregivers Program in Partnership with Oka Street Health.

August 21st at 1:00 PM

Taking Charge of Your Health!

SHOPP Caregivers Program in Partnership with Bronx Community Health Network

August 28th at 1:00 PM

Home Care Basics!

SHOPP Caregivers Program in Partnership with Marks Home Care

Click on the event titles in the calendar squares to register with Zoom!!!

AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 Diabetes & Healthy Eating	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Topic Health Literacy-Taking Charge of Your Health	22	23	24
25	26	27	28 Home Care Basics	30		