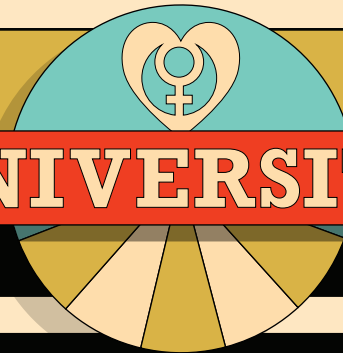


SMART Live!

Winter 2023

UNIVERSITY



Tuesdays at 11am on Zoom*

January 10: *Diabetes & Hypertension (p1)*

presented by Arielle Kestenbaum/Fare Meals

January 17: *Diabetes & Hypertension (p2)*

presented by Arielle Kestenbaum/Fare Meals

January 24: *Mental Health/Depression*

presented by Melanie Sisti, MD

January 31: *GYN Care*

presented by Virginia Graham, NP/

February 7: *DIY Self-Care*

presented by Laura Ruocco

February 14: *Valentines Day Writing Workshop*

presented by Frances Wood/SMART

February 21: *Stigma & Cultural Competency*

presented by Dr. Julian Watkins, Health Equity Advisor, NYC DOHMH

*link emailed weekly to SMART participants