

SMART *Live!*

Winter 2023



UNIVERSITY

Tuesdays at 11am on Zoom*



January 10: *Diabetes & Hypertension (p1)*

presented by Arielle Kestenbaum/Fare Meals

January 17: *Writing Workshop*

presented by Frances Wood/SMART

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: *Diabetes & Hypertension (p2)*

presented by Arielle Kestenbaum/Fare Meals

February 21: *Stigma & Cultural Competency*

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

February 28: *Grief Counseling*

presented by Colleen Bloom, MSW

*link emailed weekly to SMART participants