



**CHOICE**  
Health Plans

# Join Us!

## VNSNY CHOICE Virtual Exercise Series!

**Every Tuesday and Thursday!**

**You are invited to a live exercise class from the comfort of your home! Join using a PC, Mac, iPad, iPhone or Android device.**

**Class is open to the first 100 attendees.**



**EVENT:** Tuesday - Chair Exercise  
Thursday - Chair Yoga

**TIME:** 10 am - 11 am

**HOW TO PARTICIPATE:** Click [HERE](#) to join the workshop via Zoom or see instructions on left to access the workshop

For questions, please call  
9 am - 5 pm, Monday - Friday

**Manhattan/Queens:**

Ashley Carrillo, 917-886-5660

**Bronx/Westchester:**

Christy Harvey, 347-443-6723

**Queens/Long Island:**

Michael Leysath, 646-477-5152

**Brooklyn/Staten Island:**

Xiomara Guzman, 347-439-3916

**Upstate NY:**

Veronica Lestage, 917-647-5354



### Join with Zoom!

- 1) Go to [www.Zoom.com](http://www.Zoom.com)
- 2) Click on **"Join a Meeting"**
- 3) Enter the following:  
Meeting ID: 772 662 3351

### OR download the Zoom app:

- 1) Open the App Store or Google Play Store
- 2) Search for and download the Zoom app
- 3) Click "Open" and "Join a Meeting"
- 4) Enter the following:  
Meeting ID: 772 662 3351