

ECONOMIC OPPORTUNITY COUNCIL OF SUFFOLK, INC. AND SPARC
PRESENT

SURVIVING AND THRIVING THE NEW NORM

*A workshop series exploring laughter, coping, and
togetherness during our new norm.*

THURSDAY, MARCH 25, 2:00PM-3:00PM
"HIV AND COVID-19 VACCINE"

THURSDAYS, APRIL 1, 8, AND 15, 1:00PM-2:00PM
"LAUGH THERAPY"

WEDNESDAY, APRIL 28, 1:00-3:00PM AND FRIDAY, APRIL 30, 1:00PM-2:00PM
"HEALTH PROXY AND PLANNING AHEAD"

TUESDAY, MAY 11, 1:30PM-3:30PM AND THURSDAY, MAY 13, 2:00PM-3:00PM
"SELF-MANAGING HIV"

THURSDAY, JUNE 3, 10, AND 17, 6:00PM-7:00PM
"COPING"



For more information please contact:
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