Community Board 8 Calendar ¹⁰ November 2019

505 Park Avenue, Suite 620, New York, NY 10022-1106

Phone: (212) 758-4340/Fax: (212) 758-4616

Web Site: www.cb8m.com Email: info@cb8m.com

Alida Camp, Chair Will Brightbill, District Manager

Please call Community Board 8 at (212) 758-4340 to confirm meeting dates, times, and locations, as they are subject to change.

Please notify the board office 24 hours in advance if you require handicap accessibility to any meeting location.

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Monday	Tuesday	Wednesday	Thursday
11/04	11/05	11/06	11/07
Small Business Committee		Transportation Committee	Parks and Waterfront Committee
Stanley Isaacs Neighborhood Center	Election Day	New York Blood Center	Marymount Manhattan College
415 East 93rd Street (First-York)	Board Office Closed	310 East 67th Street	221 East 71st Street
Cafeteria		(First-Second)	(Second - Third)
6:30PM		Auditorium	Regina Peruggi Room
		6:30PM	6:00 PM
11/11	11/12	11/13	11/14
	Street Life Committee		Zoning & Development Committee
Veterans Day	Lenox Hill Neighborhood House		New York Blood Center
Board Office Closed	331 East 70 th Street		310 East 67th Street
	(First-Second)		(First - Second)
	Auditorium		Auditorium
	6:30		6:30 PM
11/19	11/10	11/20	11/21
11/18	11/19	11/20	11/21
Landmarks Committee		Full Board and Land Use Meeting	
Marymount Manhattan College		New York Blood Center	
221 East 71st Street		310 East 67th Street	
(Second - Third)		(First - Second)	
Regina Peruggi Room		Auditorium	
6:30 PM		6:30 PM	
11/25	11/26	11/27	11/28
	Street Fairs Committee		
	Asphalt Green		Thanksgiving
	555 East 90 th Street		Board Office Closed
	Mazur Hall		
	6:30 PM		

The next Land Use Meeting will be on Wednesday, December 11, 2019 New York Blood Center 310 East 67th Street, Auditorium The next Full Board Meeting will be on Wednesday, December 18, 2019 New York Blood Center 310 East 67th Street, Auditorium



The City of New York Community Board 8 Manhattan

505 Park Avenue, Suite 620 New York, N.Y. 10022-1106 www.cb8m.com Alida Camp, Chair

Phone: (212) 758-4340 Fax: (212) 758-4616 info@cb8m.com - E-Mail Will Brightbill, District Manager

November 2019 Agenda

Please Note: Meeting agendas are subject to change without notice. Call the Board office within 48 hours of the scheduled meeting for confirmation. All meeting rooms are accessible to the disabled. Please bring a photo ID to all meetings, as some locations require this to enter the building. Please call the Board office if you need assistance or further information. COMMUNITY BOARD 8 MEETINGS BEGIN AT 6:30PM UNLESS NOTED

Small Business Committee

Stanley Isaacs Neighborhood Center

Monday, November 4 - 6:30PM 415 East 93rd Street, Cafeteria

- 1. Discussion
 - a. Delays and concerns in issuance of liquor licenses. Presentation by NYC Hospitality Alliance
 - b. Open discussion on community business issues and concerns
- 2. Updates
- a. CB8 vacant store front project
- b. State and local business regulations, laws, and issues
- c. Opened and closes businesses
- d. Upcoming community business events
- 3. Old Business
- 4. New Business

Michael Mellamphy and Paul Higgins, Co-Chairs

Tuesday, November 5

Election Day

Community Board 8 Office Closed

 Transportation Committee
 ♦
 Wednesday, November 6 – 6:30PM

 New York Blood Center
 310 East 67th Street, Auditorium

 1. Request for a change of parking regulations on East 64th Street between Lexington and Third Avenues from No Parking

 8AM to 6PM to No Standing 8AM to 6PM

- 2. Request from Memorial Sloan Kettering Cancer Center for changes of parking regulations on East 73rd and 74th Streets
- 3. Request for a change of parking regulations at 159/163/165 East 84th Street from No Parking 8AM to 6PM to alternate side parking
- 4. Discussion of reinstating the left turn onto 59th from Second Avenue
- 5. Updates from the NYC Department of Transportation.
- 6. Old Business
- 7. New Business

Charles S. Warren and Craig M. Lader, Co-Chairs

Parks and Waterfront Committee	•	Thursday, November 7 - 6:00PM
Marymount Manhattan College		221 East 71st Street, Regina Peruggi Room

** Please Note 6 PM Start Time **

- 1. Presentation by the Central Park Conservancy on the re-envisioning the pool and rink on the Harlem Meer in Central Park.
- 2. Presentation by the NYC Parks Department of a Security Infrastructure project for Carl Schurz Park.
- 3. Update by RIOC on the Tramway Plaza Manhattan Station Elevator Project.
- 4. Update on the E. 72nd Overlook.
- 5. Parks Department update by Wesley Hamilton, District Manager.

7. New Business

M. Barry Schneider and Tricia Shimamura, Co-Chairs

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Monday, November 11

Veterans Day Community Board 8 Office Closed

Street Life Committee	Tuesday, November 12 - 6:30PM		
Lenox Hill Neighborhood House	331 East 70th Street, Auditorium		
1. <u>TSG Corp., dba Midnight Express, 1715 Second Avenue (Between 88th and</u>	d 89th Street) – Renewal Application for a		
Sidewalk Café – enclosed – 20 Tables and 40 Chairs	and and (2nd Street) Denerval		
2. Accropol Restaurant Corp., dba Ritz Diner, 1133 First Avenue (Between 62	nd and 63rd Street) – Renewal		
Application for a Sidewalk Café –unenclosed – 12 Tables and 32 Chairs			
3. <u>Lira of New York, Inc, dba Luke's Bar and Grill, 1394 Third Avenue (Betw</u> Application for an unenclosed sidewalk café – 4 Tables and 8 Chairs	veen /9th and 80th Street) – Renewal		
 Lenox Room Corp, dba TBar, 1278 First Avenue (Between 68th and 69th S 	treet) – Renewal Application for a		
Sidewalk Café –unenclosed – 4 Tables and 8 Chairs	Renewal Application for a		
 Harishivji Inc, dba Ashoka, 1718 Second Avenue (Between 89th and 90th S 	treet) – Renewal Application for a		
Sidewalk Café – small unenclosed – 7 Tables and 14 Chairs	Renewal Application for a		
 <u>Stax77 LLC, dba Stax NYC, 1485 Second Avenue (Between 77th and 78th S</u> 	Street) – New Application for an Enclosed		
Sidewalk Café – 9 Tables and 30 Chairs	<u>Street</u> New Application for an Enclosed		
 <u>1367 First Inc, dba TBD, 1367 First Avenue (Between 73rd and 74th Street</u>) – New Application for a Liquor Wine		
Beer, and Cider License	<u>y</u> new reprication for a Elquor, while,		
8. Fasano Fifth Avenue LLC, dba TBD, 815 Fifth Avenue (Between 62nd and	63rd Street) – New Application for a		
Liquor, Wine, Beer, and Cider License	<u>ostu succi</u> – New Application for a		
 <u>SDAI209 & SAMR786 & D0E2 & #MNVA0101 & SNOA0928 Partners LL</u> 	C, dba York Avenue Tavern, 1374 York		
Avenue (Between 73rd and 74th Street) – New Application for a Liquor, Win			
10. F.C.S.R.G. & D.S.B.A.J.F.Ltd., dba York Avenue Tavern, 1372 York Aven			
Application for a Liquor, Wine, Beer, and Cider License			
11. C.R., G.Q., C.L., M.R., F.N., S.F., L.U., G.Y., Inc dba York Avenue Tavern, 13	374 York Avenue (Between 73rd and 74th		
Street) – New Application for a Liquor, Wine, Beer, and Cider License			
12. Rocco Partners LLC, dba TBD, 1572 Second Avenue (Between 61st and 62	nd Street) – New Application for a Liquor,		
Wine, Beer, and Cider License			
13. The Red Grill Mexican Restaurant Inc., dba TBD, 1701 Second Avenue (Be	etween 88th and 89th Street) – New		
Application for a Liquor, Wine, Beer, and Cider License			
4. Lex 70 LLC, dba Corrado Bread and Pastry, 960 Lexington Avenue (Between 70th and 71st Street) – New			
Application for a Wine, Beer, and Cider License			
15. Calf & Bull Inc, dba TBD, 155 East 84th Street (Between Lexington and Th	hird Avenue) – New Application for a		
Liquor, Wine, Beer, and Cider License			
16. <u>Robert Meller, dba TBD, 1708-1710 Second Avenue (Between 88th and 89t</u>	h Street) – New Application for a Liquor.		
Wine, Beer, and Cider License			
17. <u>Naima Corp., dba Pending, 1161 Second Avenue (Between 73rd and 74th S</u>	treet) – Class Change		
 McGwyne Holdings LLC, dba O'Flanagan's Bar & Grill, 1664 Third Aven 	-		
Method of Operation Change			
ficulty of operation charge			
Abraham Salcedo, Chair			
Zoning & Development Committee	Thursday, November 14 – 6:30PM		
New York Blood Center	310 East 67 th Street, Auditorium		

1. Update on the CB8 Application for First Second, Third and York Avenues - for 210' height limit and for the preservation of tenements and small businesses

2. Northwell/Lenox Hill Hospital - Update and presentation by community of their study

Elizabeth Ashby	•	Monday, November 18 - 6:30PM
Marymount Manhattan College		221 East 71st Street, Regina Peruggi Roon
Agenda to be Announced - Please check <u>www.CB8M.</u>	. <u>com/calendar</u> f	for most up to date information
David Helperr	and Jane Parsh	all. Co-Chairs
Full Board and Land Use Meeting	•	Wednesday, November 20 - 6:30PM
New York Blood Center		310 East 67th Street, Auditoriun
Public Session – Those who wish to speak during th	ne Public Session	n must register to do so by 6:45 pm.
2. Adoption of the Agenda		
3. Adoption of the Minutes		
. Manhattan Borough President's Report		
5. Elected Officials' Reports		
5. Chair's Report – Alida Camp		
7. District Manager's Report – Will Brightbill		
8. Election of Community Board 8 Officers:		
a. Chair - Alida Camp		
b. First Vice Chair - P. Gayle Baron		
c. Second Vice Chair - Tricia Shimamura		
d. Secretary - Rebecca Lamortee. Secretary - Billy Freeland		
e. Secretary - Billy Freeland f. Secretary - Rebecca Dangoor		
2. Committee Reports and Action Items		
10. Old Business		
11. New Business		
	lida Camp, Cha	
Street Fairs Committee	♦	Tuesday, November 26 - 6:30PM
Asphalt Green		555 East 90 th Street, Mazur Hal
. 2020 Multi-Block Street Festivals	1.11.1.0	
<u> </u>	ultiblock Street	Closure at First Avenue between East 68thand 79th
Streets.		eet Closure at Third Avenue between East 66th and Eas

- b. Manhattan Chamber of Commerce Multiblock Street Closure at Third Avenue between East 66th and East 86th Streets.
- c. Manhattan Chamber of Commerce Multiblock Street Closure at Second Avenue between East 66th and East 86th Streets.
- d. 92nd Street Y Multiblock Street Closure at Lexington Avenue between East 79th and East 96th Streets.
- 2. 50th Annual Strawberry Festival Full Street Closure at East 71st Street between Second and Third Avenues. Thursday, May 7th 2020 from 12pm to 3pm.
- 3. Discussion of the Proposed Extension for the Street Fair Moratorium
- Old Business 4.

3. Old Business New Business

4.

5. New Business

Barbara Chocky and Wilma Johnson, Co-Chairs

Thursday, November 28

Thanksgiving Day Community Board 8 Office Closed

The City of New York Community Board 8 Manhattan



505 Park Avenue, Suite 620 New York, N.Y. 10022-1106 www.cb8m.com Alida Camp, Chair Phone: (212) 758-4340 Fax: (212) 758-4616 info@cb8m.com - E-Mail Will Brightbill, District Manager

Community Bulletin Board – November 2019

PLEASE VISIT COMMUNITY BOARD 8 MANHATTAN'S WEBSITE AT WWW.CB8M.COM

<u>Street Activity Permit Office (SAPO)</u> - You may must now apply online for street fairs, block parties and festivals. Applicants can submit online applications at <u>https://nyceventpermits.nyc.gov</u>. **SAPO will no longer accept paper applications.** All applicants should be aware that the deadlines for applications submission remain unchanged as do the rules and regulations governing the SAPO permitting process. For more information, call 212-788-2403 or visit http://www.nyc.gov/html/cau/html/street permitting/permit and events.shtml.

<u>The 19th Precinct Community Council Meeting</u> Community Council meetings typically take place on the first Monday of each month at 7:00 PM in the precinct.

19th Precinct Build the Block Meetings Neighborhood policing is changing the way the NYPD keeps your neighborhood safe. Neighborhood Coordination Officers (NCOs) are assigned to and remain in a sector, or neighborhood, for the duration of their tour. Additionally, NCOs are given the time and flexibility to make strong bonds with the community they serve. The NYPD wants to hear from you about what it will take to keep your neighborhood safe. Come to a Build the Block meeting to talk about neighborhood safety and to make sure your concerns are heard and your questions are answered. Join us in sharing responsibility for the neighborhood that you live in. **Sector A** November 12, 2019, 7:00 PM, Third Church of Christ, Scientist of NYC 583-Park Avenue; **Sector B** November 20, 2019, 7:00 PM, Sotheby's 1334 York Avenue; **Sector C** November 7, 2019, 7:00 PM, The Ramaz Middle School (L 1 Chapel) 114 East 85th Street; **Sector D** December 2, 2019, 7:00 PM, The Brick Church Parish House 62 East 92nd Street

<u>Mount Sinai Heart's Academy of Learning Presents Chair Yoga</u> Yoga provides a unique opportunity to connect with your breath and allow your body to relax. Please join us for a restorative yoga class where we will pay special attention to our breath while enjoying relaxing and rejuvenated yoga poses. This specific class, Chair Yoga, is possible for anyone to do. Gabriela Lupatkin is a Registered Yoga Teacher (RYT) with Yoga Alliance. All levels welcome! Monday, November 4th at 5PM, in The Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at Mount Sinai Heart, 234 East 85th; Lower Level; New York, NY 10028. For more information and to RSVP please call 212-241-8597

<u>Small Business Workshop</u> Please join Carnegie Hill Neighbors, Community Board 8 Manhattan, along with co-sponsors, to discuss sustainable solutions to our community's small business health. The meeting will be held on Wednesday, November 6^{th} , from 6:00 PM – 8:00 PM, at the Church of the Heavenly Rest, 1085 Fifth Avenue, entrance on 90th Street between Fifth and Madison Avenue

Type 2 Diabetes Group Nutrition Session Janna Guberman, MS, RD, CDN provides medical nutrition therapy and nutrition education for weight management, cardiovascular disease, and diabetes at the Kravis Center. This small-group session will give participants a detailed understanding of how to manage type 2 diabetes through improved diet, weight loss and other lifestyle changes. Limit 6 participants (plus family members) per session. \$30 Fee (Free for Cardiac Rehab patients) Wednesday, November 6th at 10:30AM & 1:30PM, in The Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at Mount Sinai Heart, 234 East 85th; Lower Level; New York, NY 10028. For more information and to RSVP please call 212-241-8597

East Sixties Neighborhood Association Winter Clothing Drive On Saturday November 9th, from 9:00 AM until 12:00 PM, the East Sixties Neighborhood Association will be collecting serviceable winter clothing – in good repair, clean, and wearable condition. Winter clothing for men and women only, outer garments especially desired. No shoes, undergarments or children's garments will be accepted. Due to the size of the drive, the East Sixties Neighborhood Association will supply a list of recipient organization in lieu of a receipt. The Clothing will be distributed to local organizations that directly aid the city's needy. They are the DOE Fund, Goodwill, Housing Works & Jan Hus. If there is no collection in your building, please bring your clothing to: St. Tropez, 340 East 64th Street Service Entrance, Enter either from E. 64th or E. 63rd Streets. Between 1st & 2nd Avenues. For further information please call ESNA at Tel 212-713-5826

<u>Mount Sinai Heart's Academy of Learning Presents</u> Q & A with Endocrinologist Dr. Jeffery Mechanick Dr. Jeffrey Mechanick. – Medical Director, The Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at Mount Sinai Heart Director, Metabolic Support Divisions of Cardiology and Endocrinology, Diabetes and Bone Disease Icahn School of Medicine at Mount Sinai. Space limited, reservations is recommended. Monday, November 11th at 12:30PM, in The Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at Mount Sinai Heart, 234 East 85th; Lower Level; New York, NY 10028. For more information and to RSVP please call 212-241-8597

Free Vaping and Youth Substance Use Information Sessions: Substance use among adolescents and young adults has been declining recently except for one substance: nicotine. In the United States, Electronic Nicotine Delivery Systems (ENDS) are being used in record numbers to consume nicotine, with nearly 2 in 5 students in the 12th grade reporting past-year vaping. All adolescents, parents, and interested community members are welcome to join Dr. Jonathan Avery, and addiction psychiatrist, and Dr. Lisa Ipp, and adolescent medicine physician, to learn more about youth substance use and receive free naloxone rescue kits. Sessions will take place at Helmsley Tower (505 East 70th Street on the corner of 70th Street and York Avenue) on the 3rd floor in room HT-350, on November 18th and December 16th. For more information please contact Dr. Jonathan Avery at joa9070@med.cornell.edu or Dr. Lida Ipp at Isi9001@med.cornell.edu

<u>Mount Sinai Heart's Academy of Learning Presents Belly Dancing with ESMA</u> Esma is an internationally known dancer/ performer. Come explore the ancient art of Middle Eastern dance/Raq, Sharqi commonly known as "Belly Dance." Come take your first lesson. Unwind and learn a new skill. Suggested donation \$10. Tuesday, November 19th and 26th at 6PM, in The Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at Mount Sinai Heart, 234 East 85th; Lower Level; New York, NY 10028. For more information and to RSVP please call 212-241-8597

<u>Mount Sinai Heart's Academy of Learning Presents Mindfulness</u> Mickie Brown, RN HN-BC is a holistic nurse certified in Mind Body Medicine and a qualified MBSR (Mindfulness Based Stress Reduction) teacher. Mindfulness is a program to help create lifestyle changes through anxiety and stress reduction. Mickie has taught stress reduction and Mindfulness to the World Trade Center responders. Having felt the effects of a mindfulness practice in her own life, she brings passion and commitment to teaching students at every level. We will learn how our nervous system and our thoughts and stress affect our body and how to be mindful throughout our day and how to meditate. Thursday, November 21st at 5:30PM, in The Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at Mount Sinai Heart, 234 East 85th; Lower Level; New York, NY 10028. For more information and to RSVP please call 212-241-8597

<u>Medicare Part D & Medicare Advantage Plan Open Enrollment Is Here</u>. You can only change Medicare Part D or Advantage Plan coverage between <u>October 15 and December 7, 2019</u>. The Legal Advocacy Department is scheduling individual counseling appointments to help you select the best Medicare Advantage or Part D plan for you. Appointments will be held at Lenox Hill Neighborhood House, 331 East 70th Street. For more information or to sign up for an appointment, please call Dani Tishkoff Chidester at (212) 218-0449.

Disability Rent Increase Exemption – (**DRIE**) **Clinic** – Do you have a disability and need help with rent? Are you 18 years or older? Are you receiving disability-related benefits? Do you pay more than 1/3 of your income towards rent? Is your annual household income \$50,000 or less? Find out if you are eligible for DRIE, get assistance applying or recertifying. Clinics will take place throughout Fall 2019 and Winter 2020. For an appointment or information, contact <u>DRIE@lenoxhill.org</u> or 212-218-0503, option 0. Reasonable accommodations can be made, and necessary transportation will be provided.

<u>New York-Presbyterian, in partnership with the Bronx Health and Housing Consortium</u>, is launching its first comprehensive housing training series. The webinar series will cover the spectrum of housing programs and will be facilitated by experts in the housing field. For more information, please contact (212) 746-5454.

Kravis Center for Cardiovascular Health at Mount Sinai Heart offers classes and educational presentations open to the public. These classes are ongoing and are scheduled every Thursday evening from 6pm -7pm. Educational topics include information on Nutrition, Diabetes, Exercise and other Life Style Modifications to promote and maintain a healthier life for people of all backgrounds. Classes are offered in Yoga, Mindfulness (for Stress Reduction), Tai Chai and Tango. Space is limited. Call for class schedule and reservations: 212-731-3420. Location: 234 East 85th, Lower level.

82nd Street Greenmarket, **Year Round Green Market** on 82nd Street between First and York, 9am-2pm; Compost and Clothes Collection – 9am-1pm. Our city's most successful small market with its all-star line-up of Bread Alone, Valley Shepherd Creamery (yogurt and cheese), American Pride Seafood, Ballard Honey, Samascott, Gajeski, Rising Sun (grass-fed beef), Alewife (specialty produce), Cherry Lane, Old Mother Hubbert (dairy, milk and eggs), Green Meadows (mushrooms), Hudson Valley Duck and Sikking Farms (gorgeous cut flowers). Plus, most warm-weather Saturdays, there's live acoustical music and Master Knife Sharpener Barbara Hess tabling to tend to your cutlery. Drop off those dead batteries, cords, corks, phones, cartridges and old eye glasses at the Compost Table, as well!

<u>Gray Matters</u> is an advisory and consulting group whose members have professional experience in finance, real estate, law, marketing, medicine, education, government and architecture. Their advice and skills are offered <u>free</u> to community-based not-for-profit organizations in the New York City area. We work with Executive and Board leadership of NY area-based nonprofit organizations of all sizes to help them address their strategic and operational problems and to plan for growth or restructuring. There is

no set structure for our services. We work with your organization for as long as we mutually feel we can be of use, and with as many Gray Matters members as are needed to address your issues. We invite you to visit <u>www.graymattersnyc.org</u> to see who we are and learn more about the types of organizations we have helped and the kinds of services we have provided. Write us at <u>info@graymattersnyc.org</u> briefly describing your specific need or needs and indicate how and when we should contact you.

LawHelp/NY (www.LawHelp.org/NY) is an online tool for helping low-income New Yorkers solve their legal problems. The site provides free, user-friendly resources that supply critical legal information in fifteen areas of law (such as family, housing and immigration), and referral information to free legal aid programs. With a Spanish mirror site (www.ayudalegalny.org), LiveHelp (an online chat service in English and Spanish that helps visitors find legal information), and resources in 35 languages – LawHelp.org/NY is the first line of defense for vulnerable New Yorkers, especially immigrants, Hispanics and limited English proficient residents facing legal problems. LawHelp/NY has seen a dramatic upsurge in usage during the recession. In 2011, the site was visited 451,025 times. LawHelp/NY runs the Training and Information Statewide! (TIPS) program which conducts community outreach throughout the state.

Legal Information for Families Today (LIFT) Family Legal Center offers free workshops, legal information and social work services to parents and grandparents involved in child support, custody, and visitation cases. All services are offered in English and Spanish at 350 Broadway, Room 400. For more information, please call (646) 613-9633 or visit <u>www.LIFTonline.org</u>.

<u>Hunter Helpers</u> - Need a babysitter? A tutor for your child? Someone to walk your dog during the day? If so, consider hiring a Hunter student. <u>Hunter Helpers</u> is a service that matches up Hunter College students with residents in the neighborhood who need a helping hand. For more information, visit their website - <u>http://www.hunter.cuny.edu/hunterhelpers</u>

<u>The Day Care Council of New York, Inc.</u> is a not-for-profit organization that provides families with child care information in all five boroughs of New York City, particularly infant and young toddler care. They offer **free** information and guidance in choosing day care, family care, Head Start, after-school programs, nanny services, summer camps, group family care and other child care concerns. For more information, please call Jon Pinkos at 212-206-7818 x114 or via email <u>jpinkos@dccnyinc.org</u>.

<u>Crime Victim Services</u> is a non-profit program, designed to aid and compensate innocent victims of crime who meet certain criteria. The program is free of charge. For more information, please call Teresa Navarro at 212-585-6142 or 6281.

<u>Weight Management Group Nutrition Group Session</u> Janna Guberman, MS, RD, CDN provides medical nutrition therapy and nutrition education for weight management, cardiovascular disease, and diabetes at the Kravis Center. In this small-group session you will learn evidence-based strategies for healthy weight loss including how to increase the quality of your diet, stay active, and overcome challenges. Limit 6 participants (plus family members) per session. \$30 Fee (Free for Cardiac Rehab patients.

Community Board 8 Manhattan strongly encourages you to contact us with your concerns or questions about issues affecting you and your neighbors. If you know of anyone who would like to receive our monthly mailing via standard mail or electronically, please encourage him or her to contact the board office at 212-758-4340 or <u>info@cb8m.com</u>.