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Queens Community Board 13

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Bryan J. Block
Chair

Mark McMillan
District Manager

SENIORS COMMITTEE MEETING
Thursday, March 5, 2026 @ 7:00 pm

Join Zoom Meeting

<https://us06web.zoom.us/j/83339338079?pwd=0b1f1zwSZBABQ2kRZjvh3ibijEFTuM.1>

Meeting ID: 833 3933 8079

Passcode: 711509

One tap mobile

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+16465588656,,83339338079# US (New York)

Loleta Nicholson, Chair, and Sheila Beverly-Skinner, Vice Chair

AGENDA

1. Meeting called to order
2. Attendee introductions
3. Collaboration of QCB13 Seniors Committee with Jamaica Hospital:
 - a. **“Healthy Aging Series: Integrative Health and Holistic Wellness,”** presented by, **Dr. Kamica Lewis**, Attending Physician at Jamaica Hospital:

This informative virtual presentation will explore Integrative Health, a patient-centered approach that combines traditional medical care with evidence-based complementary practices, such as mindfulness, nutrition, stress management, and lifestyle strategies, to support overall well-being.

During this session, Dr. Lewis will share how Jamaica Hospital is promoting a holistic approach to health and wellness in our community and how individuals can incorporate practical strategies to support healthier living at every stage of life.

Whether you are looking to improve your personal wellness, support a loved one, or simply learn more about approaches to whole-person health, this conversation will provide valuable insight and practical guidance.

We invite community members of all ages to join us for this engaging and informative discussion on building healthier lives through integrative care.

4. Adjournment