

Program Name	Recording	Host(s) Name(s)	Program Topic	Guest	Guest: Title/Affiliation
Project Independence	7/17/2023 12:57:31	Kristina Lew & Rebecca Miller	Back Pain....Painful Existence! Keep Your Back Healthy for a Happy Life! & Talk of the Town	Dr. Jaime H Nieto MD,MBA,MS,FACS	Chief of Neurosurgical Spine Development, Department Of Neurosurgery, North Shore University Hospital-Northwell Health
Project Independence	7/28/2023 14:38:40	Kristina Lew/Rebecca Miller/Otto Lohse	Family & Children's Association Programs: SMART Van & Mental Health and Seniors & Talk of the Town	Lisa Stern	Assistant Vice President Senior and Adult Services-Family & Children's Association
Project Independence	8/7/2023 11:47:52	Kristina Lew/Rebecca Miller/Otto Lohse	Arthritis Treatment: What Everyone Should Know! and Talk of the Town	Monica C. Richey, NP)	Senior Nurse Practitioner NHPP – Division of Rheumatology, Northwell Health
Project Independence	8/28/2023 9:30:57	Kristina Lew/Rebecca Miller/Otto Lohse	Better Beverage Choices & The Importance of Hydration and Talk of the Town	Khy Ee Siew, RD	Community Nutrition Educator, Cornell Cooperative Extension of Nassau County