



**Donovan Richards Jr.**  
QUEENS BOROUGH PRESIDENT

# Queens Wellness Day 2022



 Donovan Richards Jr. Queens Borough President	 Deepak Chopra	 Queen Afua	 Queen Afua	 Deepak Chopra Leads Meditation
<b>HONOREES</b>			 Urban Yogis	 Community supports the event
 Karen Ignagni, CEO EmblemHealth	 Helen Arteaga, CEO Elmhurst Hospital	 Erica Ford, Founder and CEO LifeCamp, Inc.	 Jerry Lo, Co-President, Glow Community Center	 Yi Chen Community Organizer and Activist
			 HONOREES	 Ebony Young Deputy Borough President
			 QB Richards, Tameeka Richards & Roz Nieves	

Thursday, December 1, 2022, 6 PM

Thursday, December 8, 2022, 6 PM

Spectrum 34/1995 RCN 82 Fios 34

Spectrum 34/1995 RCN 82 Fios 34

View  
On QPTV.org

## ENCORE PRESENTATION

### QBP RICHARDS INAUGURAL QUEENS WELLNESS DAY CELEBRATION FEATURING DEEPAK CHOPRA AND QUEEN AFUA AT THE ROYAL QUEEN

The following program was recorded on September 24, 2022, and will cablecast on Spectrum, RCN, and Verizon. The show will also be featured on QPTV.org as a public service announcement for the community.

Queens Wellness Day featured a meditation session led by celebrated author and wellness advocate Deepak Chopra, as well as an inner healing session with acclaimed holistic health expert Queen Afua.

The Borough President honored a handful of Queens leaders — NYC Health + Hospitals/Elmhurst CEO Helen Arteaga, LIFE Camp, Inc. Founder and CEO Erica Ford, EmblemHealth CEO Karen Ignagni, Glow Community Center President Jerry Lo and community organizer Yi Chen — for their work in the health and wellness fields.

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1995   1998   1996   1997 & 34 & 79 & 56	Spectrum			qptv.org
82   83   84   85	RCN			f   i   t
34   35   36   37	cbb 33/38	fios		