February is Heart Month

Columbia University Irving Medical Center
2017 Heart Month Events #NYPheart

FRIDAY, FEBRUARY 3, 2017 • 12:00pm -1:00pm

NATIONAL WEAR RED DAY
Wear RED to support women in the fight against Heart Disease - their No. 1 killer
12pm: Meet in the Myrna Daniels Auditorium to show your support and take a group photo

INDOOR MILSTEIN MILE
Participants will enter a raffle to win a Fitbit Charge 2! More than one winner selected!
12:15pm – 12:45pm: Meet in the Heart Center Lobby and clock your daily 30 minutes of exercise

TUESDAY, FEBRUARY 7, 2017 • 10:30am -11:30am

HEALTHY COOKING DEMONSTRATION
Riverview Terrace
Executive Chef Josh Tomson of the Lodge at Woodloch
Multiple raffle prizes including his cookbook, Nurture with Nature, and a spa package to The Lodge at Woodloch
• Nutrition counseling with Senior Dietician Helen Mullen, RD, CDN from NYP

MONDAY, FEBRUARY 13, 2017 • 10:00am -11:00am

DR. OZ – “THE GOOD LIFE”
Myrna Daniels Auditorium
Come see Dr. Oz LIVE and hear him talk about heart health! Space is limited!

TUESDAY, FEBRUARY 14, 2017 • 10:00am - 2:00pm

“LOVE YOUR HEART” ON VALENTINE’S DAY
Riverview Terrace
• Chair Yoga
• Mindfulness & Stress Relief
• Building Your Fitness Foundation
• Expert Nutrition Advice
• Reiki
• Chair Massage
• Foot Reflexology
• Aerobic Exercise
• Anger Management
• Smoking/Addiction Counseling
• Pet Therapy

THURSDAY, FEBRUARY 23, 2017 • 2:00pm – 3:00pm

SALUD A TU CORAZON
Myrna Daniels Auditorium
Listen to Dr. Julie Ramos speak about heart disease in Spanish.

TUESDAY, FEBRUARY 28, 2017 • 9:00am – 12:00pm

“KNOW YOUR HEART SCORE” SCREENING DAY
Riverview Terrace
• Cholesterol and Glucose Screening
• Blood Pressure Screening
• BMI/Waist Circumference
• Expert Counseling on Personalized Risk Reduction
• Depression Screening
• Peripheral Vascular Disease Screening
• Vein Screening
• Stroke Awareness
• Structural Heart Disease Awareness
• Heart Disease in Pregnancy Awareness
• Hands Only CPR Demo

All Events will be held in either the Myrna Daniels Auditorium or Riverview Terrace which are located in the Vivian and Seymour Milstein Family Heart Center. 173 Fort Washington Avenue, New York, NY 10032. Space is limited and seating is provided on a first come, first serve basis.

For more information, or to be involved in future events, please contact Dr. Nisha Jhalani at 212-305-7060.