



February is Heart Month

Columbia University Irving Medical Center 2018 Heart Month Events #NYPHeart

Friday, February 2, 2018

NATIONAL WEAR RED DAY

Wear **RED** to support women in the fight against Heart Disease – their #1 killer.

11:30am – 12:00pm

Vivian and Seymour Milstein Family Heart Center Lobby

Meet at 11:30am to show your support and take a group photo

INDOOR MILSTEIN MILE

12:00pm – 12:30pm

Participants will enter a raffle to win an **APPLE WATCH!!** Come clock your 30 minutes of exercise for the day!

Tuesday, February 6, 2018

HEART HEALTH SCREENING FAIR

10:00am – 1:00pm

Riverview Terrace

- Cholesterol and Glucose Screening (please come fasting x 4 hours, if possible)
- Blood Pressure Screening and Management Advice from Experts of the NEW Hypertension Center
- BMI/Waist Circumference
- Expert Counseling on Personalized Risk Reduction
- Peripheral Vascular Disease Screening
- Carotid Intimal Thickness Screening and Stroke Prevention
- And much more....

Wednesday, February 7, 2018

THE LINK BETWEEN DIABETES & YOUR HEART

Cardiovascular Research Foundation – Mini Med School, Women's Heart Health Initiative

5:30pm – 7:00pm

Pryor Cashman Building

Conference Room F/G

7 Times Square, New York, NY

Join us for a FREE seminar from CUMC experts on living with diabetes. You will receive valuable information about healthy lifestyle habits and how to prevent diabetes from leading to heart and vascular disease.

Register at crf.org/whhi or call 646-434-4608

Friday, February 9, 2018

COOKING DEMONSTRATION WITH NYP FOOD & NUTRITION

11:30am – 1:00pm

Riverview Terrace

In honor of the new hypertension guidelines which emphasize that lower blood pressure is better overall, learn how to take control of your risk through diet! Experts from the Hypertension Center at Columbia Doctors will be available to offer expert guidance on how to manage and prevent high blood pressure.

We will be raffling off prizes. Multiple winners!

Wednesday, February 14, 2018

"LOVE YOUR HEART" ON VALENTINE'S DAY

10:00am – 2:00pm

Riverview Terrace

- Mindfulness & Stress Relief
- Aromatherapy
- Align & Flow
- Step Classes
- Aerobic Exercise
- Expert Nutrition Advice
- Reiki
- Crystal Healing
- Chair Massage
- Pet Therapy
- Music at Bedside