



# February is Heart Month

## Ronald O. Perelman Heart Institute 2018 Heart Month Events

### FRIDAY, FEBRUARY 2, 2018

#### NATIONAL WEAR RED DAY

Wear **RED** to support women in the fight against Heart Disease—their No. 1 killer.

**11:45am**

Meet in **Greenberg Pavilion, 4th floor Atrium** to show your support and participate in a group photo.

#### PERELMAN STAIR CHALLENGE

**12:00pm - 12:30pm**

**Greenberg Stairwell**

Register in Greenberg Pavilion 4th floor Atrium. Collaboration with Weill Cornell Imaging.

### WEDNESDAY, FEBRUARY 7, 2018

#### HEART HEALTH FAIR

**11:00am - 2:00pm**

**Cayuga Room (behind Garden Café F-09K)**

- Cholesterol Screening
- Blood Pressure Screening
- BMI/Waist Circumference
- Healthy Living Counseling
- Simple Swaps for Heart Health
- Smoking Cessation
- Stress Screening
- Vein Screening
- Diabetes Screening
- Cardiac Screening Awareness
- Sleep Awareness
- Stroke Awareness
- HandsOnly CPR
- myNYP
- NYP BeHealthy

### THURSDAY, FEBRUARY 8 & 22

#### HANDSONLY CPR CLASS

**(Adult Non-certification Class)**

**1:30pm - 2:30pm**

**Greenberg Pavilion 4th fl. Atrium**

To register - call (212) 746-9294 or email [perelmanheartedu@nyp.org](mailto:perelmanheartedu@nyp.org)

### THURSDAY, FEBRUARY 15, 2018

#### HEALTHY LIVING FAIR

**11:00am - 2:00pm**

**Cayuga Room (behind Garden Café F-09K)**

- Plant Based Protein Sources and Hummus 3 Ways
- Nutrition for Your Heart
- Meditation
- Aromatherapy
- Reiki
- Chair Massage
- Wii Sports
- Chair Yoga
- Tai Chi (11:00am - 12:00pm)
- Anger Management
- NYPBeHealthy

### MONDAY, FEBRUARY 26, 2018

#### COOKING DEMONSTRATION

**11:00am - 12:00pm**

**Greenberg Pavilion 4th fl. Atrium**

“Ancient Grains for a Youthful Heart”

Susanna Slukhinsky, RD, CDN

Paige Whorley, RD, CDN, CNSC

### Every MONDAY (except 2/19)

#### BLOOD PRESSURE SCREENING

**10:00am - 11:00am**

**Greenberg Pavilion 4th fl. Atrium**

Joy Guevarra, MSN, ANP-c

Mi-Sun Kim, MSN, ANP-c

Helen Eng, MSN, ANP-c

### Every TUESDAY

#### CARDIOFITNESS

**5:30pm - 6:30pm**

**Cayuga Room (behind Garden Café F-09K)**

#### Zumba (2/6 & 2/20)

Jianjun Xie, MD, PhD

Certified Zumba Instructor

#### Piloxing (2/13 & 2/27)

Erin Treemarcki, DO - Certified Piloxing Instructor

### Every WEDNESDAY

#### MINDFULNESS MEDITATION

**12:30pm - 1:00pm**

**Cofer Memorial Chapel**

**68th Street Entrance, just past security Hospital Channel 100**

Collaboration with

Pastoral Care & Education

Linda Van Ness

Certified Integrative Restoration (iRest) Teacher ®