



February is Heart Month

New York-Presbyterian Hudson Valley Hospital 2018 Heart Month Events

February 2018

LITTLE HATS, BIG HEARTS

All Month

1980 Crompond Road
Cortlandt Manor, NY 10567

Through the American Heart Association's Little Hats, Big Hearts program, each baby born in February will receive a red knitted hat to help raise awareness about congenital heart defects.

Friday, February 2, 2018

"GO RED FOR WOMEN" DAY

All Day

1980 Crompond Road
Cortlandt Manor, NY 10567

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

1:45pm

Meet in the Main Lobby to show your support and take a group photo. You also will receive pins.



PHYSICIAN IN THE KITCHEN

12:00pm – 1:00pm

Chef Peter X. Kelly Teaching Kitchen
Dempsey House
1992 Crompond Road
Cortlandt Manor, NY 10567

Program with Dr. Ricardo Esquitin. Topic: Cholesterol & Heart Health

Tuesday, February 13, 2018

HEALTHY HEART FAIR

9:00am – 12:00pm

1980 Crompond Road
Cortlandt Manor, NY 10567
Main Lobby

Join us in a commitment to get heart healthy this year. Cardiologists, primary care physicians and stroke specialists will be on hand to share information and answer questions. Free screenings are available and experts will teach about the importance of nutrition, physical therapy and exercise to maintain a healthy lifestyle and avoid risks associated with heart disease. Light refreshments, giveaways and raffles.

COMMUNITY LECTURE – BUCHANAN SENIORS GROUP

1:00 – 2:00 pm

Buchanan Village Hall
236 Tate Avenue
Buchanan, NY 10511

Lecture by Dr. Frank Dorsa. Topic: Heart Health and What You Need to Know

Thursday, February 15, 2018

PHYSICIAN IN THE KITCHEN

12:00pm – 1:30pm

Chef Peter X. Kelly Teaching Kitchen
Dempsey House
1992 Crompond Road
Cortlandt Manor, NY 10567

Program with Dr. Patrick Thomas.
Topic: Supporting Heart Health

Friday, February 23, 2018

COMMUNITY LECTURE

Jefferson Village Seniors Group,
Yorktown

10:30am – 11:30am

Jefferson Village Community Center
Hill Boulevard, Yorktown, NY 10598

Lecture by Dr. Alan Slater. Topic: Heart Health and What You Need to Know

Monday, February 26, 2018

HEALTHY CAMPUS WALK

12:00pm – 2:00pm

Ground Floor Conference Room
1980 Crompond Road
Cortlandt Manor, NY 10567

Meet in the main lobby for a healthy walk around the hospital campus. Refreshments and giveaways.

Wednesday, February 28, 2018

ASK THE DOCTOR: LUNCH & LEARN COMMUNITY LECTURE

12:00pm – 1:00pm

Ground Floor Conference Room
1980 Crompond Road
Cortlandt Manor, NY 10567

Dr. Patrick Thomas. Topic: Understanding New Guidelines for Hypertension