MAY is
STROKE AWARENESS MONTH

Learn to Live Well—Mind and Body
Calendar of Events

THURSDAY, MAY 3
TIME IS BRAIN—LEARN THE WARNING SIGNS, RISKS, PREVENTION AND TREATMENT OF STROKE
Time: 2:30pm—3:30pm presented by Matthew E. Fink, MD
Hosted by HealthOutreach—an NYP free membership program for people 60+ years of age. Location: 420 E. 76th Street.
To RSVP and join, please call 212-746-4351.

FRIDAY, MAY 4
BRAIN AND SPINE 2012—A CME FOR THE NON-NEUROLOGIST
Time: 7:00am—5:00pm in Uris Auditorium
8.5 credit hours on various neurological and neurosurgical conditions and treatments. For more information and to register, visit www.cornellneurology.com.

WEDNESDAY, MAY 9
TIME IS BRAIN—LEARN THE WARNING SIGNS, RISKS, PREVENTION AND TREATMENT OF STROKE
Time: 6:15pm—7:15pm presented by Matthew E. Fink, MD
Location: Myra Mahon Education Center—Weill Greenberg Bldg.
1305 York Avenue (70th Street), 2nd Fl. RSVP required: 646-962-5721

THURSDAY, MAY 10
PSYCHOLOGICAL EFFECTS OF STRESS ON THE MIND & BODY: USEFUL TECHNIQUES FOR ANGER MANAGEMENT AND STRESS REDUCTION
Time: 6:15pm—7:15pm presented by Robert Allen, PhD
Location: Myra Mahon Education Center—Weill Greenberg Bldg.
1305 York Avenue (70th St), 2nd Fl. RSVP required: 646-962-5721

TUESDAY, MAY 15 (continued)
TRY OUT BRAINIAC SNACKS
Time: 11:00am—2:00pm
Join our dieticians to learn about healthy snacks & try some yourself
Supplies limited.
Location: Ronald O. Perelman Heart Institute Education Center
525 E. 68th Street (at York Ave), Greenberg Pavilion—4th Floor Atrium

WEDNESDAY, MAY 16
THE ROLE OF NUTRITION IN THE PREVENTION & TREATMENT OF STROKE
Time: 6:15pm—7:15pm presented by Alissa Rumsey, RD
Location: Myra Mahon Education Center—Weill Greenberg Bldg.
1305 York Avenue (70th St), 2nd Fl. RSVP required: 646-962-5721.

THURSDAY, MAY 17
LIFE AFTER STROKE—NAVIGATION FOR THE PATIENT AND CAREGIVER
Time: 6:15pm—7:15pm presented by Kate Morris, RN-C, MBA
Location: Myra Mahon Education Center—Weill Greenberg Bldg.
1305 York Avenue (70th St), 2nd Fl. RSVP required: 646-962-5721.

WEDNESDAY, MAY 23
KNOW THE SIGNS OF A HEMORRHAGIC STROKE
Time: 6:15pm—7:15pm presented by Philip E. Stieg, PhD, MD
Location: Myra Mahon Education Center—Weill Greenberg Bldg.
1305 York Avenue (70th St), 2nd Fl. RSVP required: 646-962-5721.

THURSDAY, MAY 31
WALL STREET RUN & HEART WALK
Time: 5:00pm—7:00pm Location: Wall Street
Hosted by the American Heart Association and the American Stroke Association Join the NYP Stroke Team and show your support for stroke prevention and treatment. Register online at www.heartwalknyc.org.

For information on neurological/neurosurgical programs and services at NewYork-Presbyterian Hospital/Weill Cornell Medical Center, email neuroeducation@nyp.org.