

# 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](http://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**

#### **KNOW YOUR NUMBERS—SCREENING & EDUCATION**

Time: 11:00am—2:00pm  
Cholesterol, Blood Pressure, Glucose, BMI and more...  
Free counseling by NYP Clinicians  
RSVP Required: 1-877-NYP-WELL  
Location: Ronald O. Perelman Heart Institute Education Center  
525 E. 68th Street (at York Ave), Greenberg Pavilion—4th Floor Atrium

### **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](http://www.heartwalknyc.org).

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



Weill Cornell Brain and Spine Center