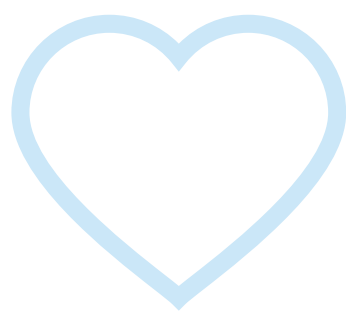


Montefiore

Montefiore Einstein
Center for Heart &
Vascular Care



February 2012 HEART MONTH

- Blood Pressure Screening
- Heart Healthy Food Demonstration
- Nutrition Demonstration
- Nutrients for Heart Health
- Heart Month Lecture Series/Blood Pressure Screening
- Zumba Dance
- Other

06 Heart Healthy Food Demonstration
South Bronx Health Center
3:00 – 4:00 pm

13 Nursing Implications for Heart Failure
Weiler Hospital, 8th Floor, 7:30 am

Heart Month Lecture Series
David Prince, MD & Njeri Thande, MD
Pennington Elementary School

Heart Healthy Food Demonstration
South Bronx Health Center
3:00 – 4:00 pm

20 President's Day

Heart Healthy Food Demonstration
South Bronx Health Center
3:00 – 4:00 pm

27 CPR Class with the FDNY
Scott Ceresnak, MD
The Children's Hospital at Montefiore
1:00 pm
To register contact Crysta Jones
718-741-2357

Heart Healthy Food Demonstration
South Bronx Health Center
3:00 – 4:00 pm

07 Montefiore Mile Kick-off
Weiler Hospital, Weiler Lobby, 10:00 am

Heart Healthy Food Demonstration
Comprehensive Family Care Center
(Eastchester Road), 11:00 am – Noon

14 Cardiology Grand Rounds
Moses Campus (Cherkasky Auditorium)
Walter C. Willett, MD, 7:30 – 8:30 am

Heart Month Lecture Series
Marietta Api, NP
Grant Elementary School, 9:00 am

Heart Healthy Food Demonstration
Comprehensive Family Care Center
(Eastchester Road – in the Adult
Medicine Waiting Area)
11:00 am – Noon

Heart Healthy Nutrition Workshop
Comprehensive Health Care Center
(East 161st Street), 11:00 am – Noon

I Love My Heart Day at the CMO Site

- Vitamin Therapy for Better Health
Veronica Winsch, 12:00 pm
- Heart Health
Marie Galveo, 1:00 pm (Room 111)
- Top 10 Things Your Valentine Wants You to Do to Keep Your Heart Healthy
Jessica Shapiro, RD, 2:00 pm
- Five Minute Massage Therapy
Throughout the Day
- Blood Pressure Screening
Throughout the Day

**Heart Month Lecture Series/
Blood Pressure Screening**
Screening: 8:30 am – 1:30 pm
Lecture: Exercise & Heart Failure
Ileana Piña, MD
BronxWorks Senior Center, 1:30 pm

21 Blood Pressure Screening
Cardiology Associates, 9:00 am – Noon

Heart Healthy Food Demonstration
Comprehensive Family Care Center
(Eastchester Road – in the Adult
Medicine Waiting Area)
11:00 am – Noon

Heart Healthy Food Demonstrations
Montefiore North Ambulatory Care
(2nd floor Adult Medicine)
1:00 – 2:00 pm

28 Cardiology Grand Rounds
Christopher M. O'Connor, MD
Moses Campus (Cherkasky Auditorium)
7:30 – 8:30 am

Heart Healthy Food Demonstration
Comprehensive Family Care Center
(Eastchester Road– in the
Adult Medicine Waiting Area)
11:00 am – Noon

**Heart Month Lecture Series/
Health Screening**
Screening: 8:30 am – 2:30 pm
Lecture: Julie Ramos, MD
Monroe College, 1:00 pm

01 Montefiore Mile Kick-off
Moses Campus, New Lobby, 1:30 pm

Zumba Dance
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

08 Zumba Dance
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

15 Nutrition Demonstration
Weiler Cafeteria, 12:00 – 1:30 pm

Zumba Dance
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

Valentine Party for Pediatric Heart Center Patients and Their Families
Christine Walsh, MD
Moses Campus (Food Pavilion)
4:00 – 6:00 pm

22 Blood Pressure Screening
Cardiology Associates, 9:00 am – Noon

Nutrition Demonstration
Moses Food Pavilion
11:30 am – 1:30 pm

Zumba Dance
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

29 Nutrition Demonstration
North Campus (Cafeteria)
Noon – 1:30 pm

Montefiore Locations:

Moses Campus
111 East 210th Street
Bronx, New York 10467

Weiler Campus
1825 Eastchester Road
Bronx, New York 10461

North Campus
600 East 233rd Street
Bronx, New York 10466

The Children's Hospital at Montefiore
3415 Bainbridge Avenue
Bronx, New York 10467

Greene Medical Arts Pavilion (MAP)
3400 Bainbridge Avenue
Bronx, New York 10467

CMO
100 Corporate Drive
Yonkers, New York 10701

Cardiology Associates
2711 Henry Hudson Parkway
Bronx, New York 10463

Montefiore Medical Group Locations:

Bronx East
2300 Westchester Avenue
Bronx, New York 10462

Family Health Center
360 East 193rd Street
Bronx, NY 10458

Comprehensive Health Care Center
305 East 161st Street
Bronx, NY 10451

Comprehensive Family Care Center
1621 Eastchester Road
Bronx, New York 10461

Montefiore North Ambulatory Care Center
4234 Bronx Boulevard
Bronx, NY 10466

Additional Event Locations:

BronxWorks Senior Center
200 West Tremont Avenue
Bronx, NY 10453

Grant Elementary School
250 East 164th Street
(Morris Avenue)
Bronx, NY 10456

Monroe College
434 Main Street
New Rochelle, NY 10801

Orange Regional Medical Center
707 East Main Street
Middletown, NY 10940

Pennington Elementary School
20 Fairway Street
Mount Vernon, NY 10552

South Bronx Health Center
871 Prospect Avenue
Bronx, NY 10459

02 Blood Pressure Screening
Moses Campus (Rear of Food Pavilion)
8:30 am – 2:00 pm

Relaxation Massage
Alice Velky, LMT
Moses Campus, 11:00 am – 1:00 pm

Nutrients For Heart Health
Veronica Winsch
Moses Campus, 11:00 am – 1:00 pm

Heart Healthy Food Demonstration
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

Cath Lab Open House
Robert Pass, MD
The Children's Hospital at Montefiore
6:00 – 7:30 pm

09 Blood Pressure Screening
Weiler Hospital (Auditorium)
8:30 am – 2:00 pm

Relaxation Massage
Alice Velky, LMT
Weiler Hospital, 11:00 am – 1:00 pm

Nutrients For Heart Health
Veronica Winsch
Weiler Hospital, 11:00 am – 1:00 pm

Heart Healthy Food Demonstration
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

16 Blood Pressure Screening
North Campus (Carpenter Rd.
Auditorium), 8:30 am – 2:00 pm

Relaxation Massage
Alice Velky, LMT
North Campus, 11:00 am – 1:00 pm

Nutrients For Heart Health
Veronica Winsch
North Campus, 11:00 am – 1:00 pm

Heart Healthy Food Demonstration
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

Heart Health Lecture
North Campus, Marietta Api, NP
Noon and 1:30 pm

Heart Club Meeting
Mark Menegus, MD
Topic: Exercise and Cardiovascular Health: Basics and Practical Points
Moses Campus (Medical Arts Pavilion,
7th floor), 6:30 – 8:30 pm

23 Heart Healthy Food Demonstration
Comprehensive Health Care Center
(East 161st Street), 2:00 – 3:00 pm

03 National Wear Red Day
Montefiore Mile Kick-off
North Campus, North Lobby, 10:00 am

Heart Healthy Food Demonstration
Family Health Center, 1:00 – 2:00 pm

Food And Salt Intake
Catherine Galvin, C-ANP
Weiler Hospital (Auditorium), 1:00 pm

Heart Healthy Food Demonstration
Bronx East, 1:00 – 3:00 pm

04 SATURDAY EVENT
NY Knicks V. NJ Nets
Madison Square Garden
New York, NY
7:30 pm

*See Details Below

10 Heart Healthy Food Demonstration
Family Health Center
3rd Floor Waiting Area, 1:00 – 2:00 pm

Heart Healthy Food Demonstration
Bronx East, 1:00 – 3:00 pm

17 Heart Healthy Food Demonstration
Family Health Center
3rd Floor Waiting Area, 1:00 – 2:00 pm

Heart Healthy Food Demonstration
Bronx East, 1:00 – 3:00 pm

24 Heart Healthy Food Demonstration
Family Health Center
3rd Floor Waiting Area, 1:00 – 2:00 pm

Heart Healthy Food Demonstration
Bronx East, 1:00 – 3:00 pm

25 SATURDAY EVENT
An Update In Pediatric Cardiology for All Ages
Eric Fethke, MD
Orange Regional Medical Center
(For Pediatricians, Family Practitioners,
and Obstetrician/Gynecologists)
10:00 am – 2:00 pm

*Ticket Fee: \$90 per person.

The first 50 Montefiore ticket buyers will have court-side access and the opportunity to take a pre-game photo with a NY Knicks legend.

Tickets are limited in quantity.

To order your tickets please visit
<https://oss.ticketmaster.com/html/go.html?l=EN&t=knicks&o=3577213&g=1574>

Or call Kryst'1 Jordan, 212-631-8811 to purchase by phone.

Enter Promo Code: KNICKS