

FEBRUARY | FEBRERO 2017

Heart Month Events | Eventos para el Mes del Corazón

A Healthy Heart Starts with You. Throughout February, the Montefiore Einstein Center for Heart and Vascular Care will offer free educational lectures and screenings to check your blood pressure, blood sugar and cholesterol levels. Protect your heart from disease, and learn how to take better care of yourself.

Un Corazón Saludable Empieza Contigo. Durante todo Febrero, el Montefiore Einstein Center for Heart and Vascular Care ofrecerá lecturas educativas gratuitas y exámenes para comprobar sus niveles de presión arterial, azúcar en la sangre y el colesterol. Proteja su corazón de la enfermedad, y aprender a cuidar mejor de ti mismo.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ZUMBA DANCE SERIES 5:10 PM 6:00 PM Grand Hall, Moses Campus 111 East 210th Street Bronx, New York 10467 The Grand Hall is most easily accessed via the Gun Hill Road and Rochambeau Avenue entrance to the hospital. Associates only. Register at HealingArts@montefiore.org. Please note that all participants will need to sign a release form.	2 HEART MONTH KICKOFF (MOSES CAMPUS) 10:00 AM Main Lobby, 210th Street Entrance Montefiore Hospital, Moses Campus 111 East 210th Street Bronx, New York 10467 Open to all. WALK WITH A DOC 10:00 AM 210th Street Entrance Montefiore Hospital, Moses Campus 111 East 210th Street Bronx, New York 10467 Walk the Montefiore Mile at the Moses Campus with a doctor. Open to all. No registration required.	3 HEART MONTH KICKOFF (WEILER CAMPUS) 11:00 AM Main Lobby Montefiore Hospital, Weiler Campus 1825 Eastchester Road Bronx, New York 10458 Open to all. WALK WITH A DOC 11:00 AM Main Lobby Montefiore Hospital, Weiler Campus 1825 Eastchester Road Bronx, New York 10458 Walk the Montefiore Mile at the Einstein Campus with a doctor. Open to all. NATIONAL WEAR RED DAY® 10:00 AM Children's Hospital at Montefiore (CHAM) Lobby 3415 Bainbridge Avenue Bronx, New York 10467 Open to all. #GoRed
6 HEART DAY (NYACK HOSPITAL) 9:00 AM 3:00 PM Nyack Hospital Cafeteria 160 North Midland Avenue Nyack, New York 10960 Associates only. No registration required. COMMUNITY LECTURE: HIGH BLOOD PRESSURE – WHAT YOU NEED TO KNOW 11:00 AM 12:00 PM R.A.I.N. Gun Hill Senior Center 3377 White Plains Road Bronx, New York 10467 To register, contact Evelyn Cintron at 718 881-5589.	7 HEART DAY (WESTCHESTER SQUARE CAMPUS) 1:00 PM 4:00 PM Westchester Square Lobby 2475 St. Raymond's Avenue Bronx, New York 10461 Associates only. No registration required. 14 HEART DAY (HUTCHINSON CAMPUS) 8:30 AM – 3:30 AM 7th Floor, Cardiology Conference Room 1250 Waters Place Bronx, New York 10461 Associates only. No registration required. 28 HEART DAY (NEW ROCHELLE CAMPUS) 10:00 AM 3:00PM New Rochelle Campus Cafeteria 16 Guion Place New Rochelle, New York 10802 Associates only. No registration required. COMMUNITY LECTURE: HIGH BLOOD PRESSURE – WHAT YOU NEED TO KNOW 10:00 AM 11:30 AM J.A.S.A. Throggs Neck Senior Center 2705 Schley Avenue Bronx, New York 10465 To register, contact Eileen Batista at 718-823-1771, ext. 2210.	8 COMMUNITY LECTURE: HIGH BLOOD PRESSURE – WHAT YOU NEED TO KNOW 10:30 AM 11:30 AM R.A.I.N. Boston Road Senior Center 2424 Boston Road Bronx, New York 10467 To register, contact James Carey at 718-547-8827. HEART AND SOUL: A VALENTINE'S-THEMED RELAXATION STATION 12:00 PM 2:00 PM Grand Hall, Moses Campus 111 East 210th Street Bronx, New York 10467 The Grand Hall is most easily accessed via the Gun Hill Road and Rochambeau Avenue entrance to the hospital. Open to all. No registration necessary. HEART MONTH KICKOFF (WAKEFIELD CAMPUS) 11:00 AM Wakefield Campus Lobby 600 East 233rd Street Bronx, New York 10466 Open to all. WALK WITH A DOC 11:00 AM Wakefield Campus Lobby 600 East 233rd Street Bronx, New York 10466 Walk the Montefiore Mile at the Wakefield Campus with a doctor. Open to all. 15 HEART DAY (MOUNT VERNON CAMPUS) 11:00 AM 2:00 PM Montefiore Mount Vernon Cafeteria 12 North 7th Avenue Mount Vernon, New York 10550 Associates only. No registration required. COMMUNITY LECTURE: HIGH BLOOD PRESSURE – WHAT YOU NEED TO KNOW 1:00 PM 2:30 PM SEBCO Erma Cava Senior Center 887 Southern Boulevard Ground Floor Bronx, New York 10459 To register, contact Nelly Yalta at 718-583-2303.	9 BLOOD PRESSURE SCREENING (MOSES CAMPUS) 8:30 AM – 4:45 PM Grand Hall, Tishman Learning Center Montefiore Hospital, Moses Campus 111 East 210th Street Bronx, New York 10467 Associates only. No registration required. 16 BLOOD PRESSURE SCREENING (WAKEFIELD CAMPUS) 8:30 AM – 4:00 PM Wakefield Campus Cafeteria Montefiore Hospital, Moses Campus 111 East 210th Street Bronx, New York 10467 Associates only. No registration required. 23 BLOOD PRESSURE SCREENING (WEILER CAMPUS) 8:30 AM – 4:00 PM 2nd Floor, Rear of the Cafeteria Montefiore Hospital, Weiler Campus 1825 Eastchester Road Bronx, New York 10458 Associates only. No registration required.	SATURDAY 11 COMMUNITY LECTURE: HIGH BLOOD PRESSURE – WHAT YOU NEED TO KNOW 9:00 AM 11:00 AM P.S. 246X 2641 Grand Concourse Bronx, New York 10468 To register, contact Andrea Johnson at 718-584-6764.