# February is Heart Month

The Heart Hospital of Oueens is Right Here to Help You Take Great Care of Your Heart



All events are free and open to the public; registration is required as indicated.

# **THURSDAY, FEBRUARY 4**

**Heart Health Presentations** 

#### Noon-1:30 p.m.

St. John's University, Council Hall, 800 Utopia Parkway, Jamaica, NY

Presentation: The Importance of Exercise and How it Keeps Your Heart Healthy Speaker: Nancy Rullo, Senior Exercise Physiologist

#### 2 p.m.

Flushing Library, 41-17 Main Street, Flushing, NY

Presentation: The latest information on risk factors for heart disease, including obesity and high cholesterol

Speaker: Todd Kerwin, M.D., Director, Non-invasive Cardiology

## **TUESDAY, FEBRUARY 9**

### Free Health Screenings

## 10 a.m.-2 p.m.

Cardiac Health Center, 174-03 Horace Harding Expressway, Fresh Meadows, NY

Health Screenings for cholesterol, diabetes, glaucoma, high blood pressure, plus cardiovascular risk assessments Provided by the NYHO Community HealthOutreach Team Register in advance, by calling 718-670-1695

# THURSDAY, FEBRUARY 11

#### **Heart Health Presentation**

#### 2 p.m.

Flushing Library, 41-17 Main Street, Flushing, NY

Presentation: The latest information on arrhythmias (irregular heartbeats) and cardiac electrophysiology

Speaker: George Juang, M.D., Director, Cardiac Electrophysiology Laboratory

# FRIDAY, FEBRUARY 12

## Free Health Screenings

# 9 a.m.-2:30 p.m.

Bulova Building, Visiting Nurse Offices, Suite 220, 75-20 Astoria Blvd., Jackson Heights, NY

Health Screenings for cholesterol. diabetes, glaucoma, high blood pressure, plus cardiovascular risk assessments Provided by the NYHO Community HealthOutreach Team No registration required

## FRIDAY, FEBRUARY 12 (CONT.) **Exercise is Good Medicine Day**

#### 10 a.m.-2 p.m.

Cardiac Health Center, 174-03 Horace Harding Expressway, Fresh Meadows, NY

#### 10 a.m.-1 p.m.

Free body fat analysis and education

### 1-2 p.m.

Presentation: Cardio-Fusion: The No-Nonsense Plan of Exercise and Nutrition for Weight Control

Speakers: Dieticians Barbara Pistone, R.D., Antonia Pinckney, R.D., and Maria Miccio, Exercise Physiologist Register in advance, by calling 718-670-1695

# **THURSDAY, FEBRUARY 18**

## **Heart Health Presentation**

#### 2 p.m.

Flushing Library, 41-17 Main Street, Flushing, NY

Presentation: The latest information on circulatory problems and peripheral vascular disease

Speaker: Gregg Landis, M.D., Director, Vascular and Endovascular Surgery

# **MONDAY, FEBRUARY 22**

# Free Health Screenings

#### 10 a.m.-2 p.m.

Flushing YMCA, 138-46 Northern Blvd., Flushina, NY

Health Screenings for cholesterol. diabetes, glaucoma, high blood pressure, plus cardiovascular risk assessments Provided by the NYHO Community HealthOutreach Team No registration required

# **THURSDAY, FEBRUARY 25**

# **Heart Health Presentation**

#### 2 p.m.

Flushing Library, 41-17 Main Street, Flushing, NY

Presentation: The latest information on what you can do to minimize your cardiac risk factors

Speaker: Emmanuel Moustakakis, M.D., Director, Coronary Care Unit

## WEDNESDAY, FEBRUARY 24

## Heart and Vascular Disease Symposium

#### 10 a.m.-Noon

New York Hospital Queens, Lang Auditorium, 56-45 Main Street, Flushing, NY

A free public symposium on the latest ways to diagnose, treat and prevent heart and vascular disease. from a panel of New York Hospital Oueens cardiologists, cardiac and vascular surgeons

#### Panelists include:

- Samuel Lang, M.D., Chairman, Cardiothoracic Surgery:
- Gregg Landis, M.D., Director, Vascular and Endovascular Surgery;
- Chong Park, M.D., Director, Division of Cardiology, and Cardiologists George Juang, M.D., Todd Kerwin, M.D., and Simbo Chiadika, M.D.

Free parking is available in the hospital parking facility at Booth and Main St. in Flushing

Reserve a seat by calling 800-282-6684

For more information about special classes, locations and directions go to nyhq.org.