All About Hearts

Artwork by Keshawn, age 13, a pediatric patient at NYHQ

HEART MONTH – FEBRUARY 2011
NEW YORK HOSPITAL QUEENS (NYHQ) is The Heart Hospital of Queens
CARDIAC HEALTH CENTER (CHC)

Tuesday, Feb. 1 at 6 p.m. - Gregg Landis, M.D., Director of Vascular and Endovascular Surgery & Associate Chairman, Department of Surgery, will present information about the **NYHQ Endovascular Program and Hybrid OR** at the Queens Medical Staff Society (QMSS) meeting in Kew Gardens. {For QMSS members only}

Friday, Feb. 4 at 12 p.m. – **Wear Red Day** – NYHQ staff members are encouraged to wear something red and gather in the cafeteria for a photo opportunity. {For NYHQ staff only}

Friday, Feb. 4 (Call for times*) - "Go Red" Kick Off Event – **Pamper Day** for all female Cardiac Health Center (CHC) patients and wives of male participants. Hand massage. {For female CHC patients and wives of male patients only by appointment*}

Monday, Feb. 7 (Call for times*) – **Holistic Day** includes Guided Meditation, Aroma Therapy, Reflexology and Massage. {For CHC patients only by appointment*}

Zumba Demonstration at the CHC starts at 7:00 p.m. {Open to the Public & no appointment necessary}

Tuesday, Feb. 8 from 8 a.m. – 10 a.m. – **Free Cardiac Risk Factor Screening** {For CHC patient family members only by appointment*}

Wednesday, Feb. 9 at 12 p.m. – **Nutrition Explorations** – Learn the basics of the "My Pyramid 5". Meet Registered Dieticians Barbara Pistone & Antonia Pinckney from the CHC and make and enjoy a featured recipe. (For CHC patients only by appointment*).

Yoga at the CHC from 5:30 p.m. to 6:30 p.m. {Open to the Public & no appointment necessary}

Thursday, Feb. 10 from 11:00 a.m. to 12 p.m.– CHC **Strength, Balance and Flexibility** {Open to the Public by appointment*}

Thursday, Feb 10 at 11 a.m. - Kurtis Kim, M.D., Vascular Surgeon, will speak about **Endovascular Disease and the NYHQ Endovascular Program and Hybrid OR** to the members of the Korean American Senior Center (KASC) of Flushing located at 42-15 166 St. in Flushing. {KASC members only}

Friday, Feb 11 at 11 a.m. - Kurtis Kim, M.D., Vascular Surgeon, will speak about **Endovascular Disease and the NYHQ Endovascular Program and Hybrid OR** at NYHQ to the members of the Korean American Senior Center (KASC) of Corona located at 37-06 111 St. in Corona. {KASC members only}

Friday, Feb. 11 from 1 p.m. to 2 p.m. - CHC **Strength, Balance and Flexibility** – Exercise Therapists Nancy Rullo Sr. and Maria Miccio. {Open to the Community by appointment*}

Monday, Feb. 14 at 4:30 p.m. – Gregg Landis, M.D., Director of Vascular and Endovascular Surgery, Associate Chair, Department of Surgery will present information about the **NYHQ Endovascular Program and Hybrid OR** at NYHQ Renal Grand Rounds. [NYHQ professional staff only}

Tuesday, Feb. 15 - 6 p.m. to 8 p.m. - Lectures about Heart Disease & Stroke, Wellness Lifestyle, as well as a vegetarian cooking demonstration, practice meditation and enjoy a tea ceremony at the CHC {Open to the public & call to RSVP*}

Thursday, Feb. 17 at 5 p.m. – Chong Park, M.D., Director of Cardiology, will speak to the NYHQ Community Advisory Council (CAC) about **Coronary Artery Disease & Cardiac Catheterization**. {CAC members only}

Thursday, Feb. 17 from 12:30 p.m. to 1:30 p.m. - Emmanuel Moustakakis, M.D., Director, Coronary Care Unit will speak to the employees at Tiffanys in Astoria about **Cardiac Disease & The Differences in Men & Women**. {Tiffany staff only}

Friday, Feb. 18 at 9 a.m.- Kurtis Kim, M.D., Vascular Surgeon, will speak about **Endovascular Disease and the NYHQ Endovascular Program and Hybrid OR** at the Flushing YMCA located at 136-48 Northern Blvd. in Flushing. {Open to the public & no appointment is necessary}.

Thursday, Feb. 24 at 2 p.m. – Todd Kerwin, M.D., Director of Non-Invasive Cardiology will speak to the members of the NYHQ Health Outreach Program about **Risk Factors and Cardiac Disease: What You Need to Know & Do**. Location: NYHQ Lang Auditorium – 56-45 Main Street, Flushing, New York {Open to the community and no RSVP needed}.

***To make an appointment at the Cardiac Health Center (CHC) call (718) 670-1695. The CHC is located at 174-03 Horace Harding Expressway, Fresh Meadows. Limited space is available.**

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HEART & VASCULAR CENTER

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