

Community Calendar of Events

January – June 2020

We see women's
health differently

Women's Wellness Programs

Sticking to Your New Year's Resolutions: Nutrition and Stress Management

Wednesday, January 15, 12:00–2:30 pm
\$20 (Register with a friend and receive \$5 off)
Lunch will be served
Verdi's Restaurant
149-58 Cross Island Parkway, Whitestone

Mindfulness in Healing

Wednesday, January 22, 6:00–7:30 pm
Free event
Lenox Hill Hospital
Bruno Conference Room
100 E. 77th Street, New York

New Year, New Family: Taking Care of You During & After Pregnancy

Tuesday, January 28, 6:00–8:00 pm
Free event
Northwell Health Corporate
2000 Marcus Avenue, New Hyde Park

Beating the Winter "Blahs": Mood Disorders & Depression in Women

Wednesday, January 29, 6:00–8:00 pm
Free event
Staten Island University Hospital
North Meeting Room
475 Seaview Avenue, Staten Island

How to Feed Your Baby: A Nutrition and Cooking Workshop for New Parents

Coming March 2020
Free event
Center for Healthy Living
480 Bedford Road, Chappaqua
For more information on this event please
call (914) 362-6152.

One Handed Chef: A Nutrition and Cooking Workshop for New Parents

Coming March 2020
Free event
Center for Healthy Living
480 Bedford Road, Chappaqua
For more information on this event please
call (914) 362-6152.

Diet and Exercise: It's Not One Size Fits All

Wednesday, March 11, 6:30–8:30 pm
\$20 (Register with a friend and receive \$5 off)
Dinner will be served
Long Island Marriott
101 James Doolittle Boulevard, Uniondale

Own the Bone: Preventing Fragility Fractures

Thursday, March 26, 6:30–8:30 pm
\$20 (Register with a friend and receive \$5 off)
Dinner will be served
Huntington Hilton
Salons A & B
598 Broadhollow Road, Melville

The Low-Down on Pelvic & Gastrointestinal Health

Thursday, April 2, 6:30–8:30 pm
\$20 (Register with a friend and receive \$5 off)
Dinner will be served
Captain Bills Restaurant
122 Ocean Avenue, Bay Shore

Be Smart About Stress: Tips to Prevent & Manage Stress

Tuesday, April 7, 7:00–8:00 pm
Free event
Oceanside Library
30 Davison Avenue, Oceanside

Lenox Spine Center: Is Your Spine Holding You Back?

Tuesday, April 21, 6:00–8:00 pm
Free event
Lenox Health Greenwich Village
6th Floor Conference Room
200 W. 13th Street, New York

Midwifery:

Delivering More Than Just Babies

Thursday, April 30, 6:30–8:30 pm
Free event
Northwell Health Dolan Family Health Center
284 Pulaski Road, Greenlawn

Women's Health Week:

Live Longer & Stronger

Tuesday, May 12, 3:00–4:30 pm
Free event
Phelps Hospital Cafeteria
701 N. Broadway, Sleepy Hollow

Mom's Night Out

Thursday, May 14, 6:00–8:00 pm
Free event
Bay Shore Library
1 S. Country Road, Brightwaters

Protect Your Brain: Practical Advice for Preventing Stroke

Thursday, May 21, 6:30–8:30 pm
\$20 (Register with a friend and receive \$5 off)
Dinner will be served
Long Island Marriott
101 James Doolittle Boulevard, Uniondale

Staying Healthy Below the Belt: Pelvic and Gastrointestinal Health

Thursday, May 28, 6:30–8:30 pm
\$20 (Register with a friend
and receive \$5 off)
Dinner will be served
The Waterview Port Jefferson Country Club
44 Fairway Drive, Port Jefferson



Katz Women's Circle

Partner with us and become a member of the Katz Women's Circle. You'll be a part of a vibrant community of women who share an interest in learning about health and wellness topics and support a complete healthcare connection focused on the continuum of care over a woman's life span.

It's easy to join! Just make a \$50 gift and you will immediately become a member:
<https://give.northwell.edu/katz-womens-circle>.

Katz Women's Circle

Go Red For Women



American Heart Association®



Cardiovascular disease claims the lives of nearly 500,000 American women each year, yet women are not paying attention to their heart health. In fact, many even dismiss it as an older man's disease. Join us on National Wear Red Day, Friday, February 7, 2020 to show your support for women.

Heart Health and You: Game Show

Monday, February 3, 6:30–7:00 pm
Free event
West Islip Library
3 Higbie Lane, West Islip

Go Red for Women: Living a Heart Healthy Life

Tuesday, February 4, 11:00 am–12:00 pm
Free event
Oceanside Library
30 Davison Avenue, Oceanside

Go Red! Eat Green: Steps for Making Healthy Choices to Lower Cholesterol & Blood Pressure

Thursday, February 6, 11:30 am–12:30 pm
Free event
Plainview Hospital
Lecture Room B
888 Old Country Road, Plainview

Listen to Your Heart

Thursday, February 6, 6:30–8:30 pm
Free event
Northwell Health Dolan Family Health Center
284 Pulaski Road, Greenlawn

Annual Go Red Celebration

Friday, February 7, 10:00 am–2:00 pm
Free event
North Shore University Hospital
Rust Auditorium
300 Community Drive, Manhasset

Go Red Health Fair

Friday, February 7, 11:00 am–2:00 pm
Free event
Lenox Hill Hospital
100 E. 77th Street, New York

Go Red Lunch & Learn

Friday, February 7, 12:00–2:00 pm
Free event
Phelps Hospital
The James House
701 North Broadway, Sleepy Hollow

Heart Disease in Women: Lecture and Blood Pressure Screening

Friday, February 7, 1:00–2:00 pm
Free event
LIJ at Forest Hills Hospital
9th Floor Conference Room
102-01 66th Road, Forest Hills

Getting to the Heart of the Matter

Wednesday, February 12, 6:00–8:00 pm
\$20 (Register with a friend and receive \$5 off)
Dinner will be served
Verdi's Restaurant
149-58 Cross Island Parkway, Whitestone

Heart Healthy Cooking Demo

Friday, February 21, 12:00 pm
Free event
Syosset Library
225 S. Oyster Bay Road, Syosset

Go Red Cardiac Chair Yoga

Sunday, February 24, 11:30 am–12:30 pm
Free event
Center for Wellness and Integrative Medicine
1500 Old Northern Boulevard, Roslyn

Food for the Heart

Tuesday, February 25, 6:00–8:00 pm
Free event
Lenox Health Greenwich Village
6th Floor Conference Room
200 W. 13th Street, New York

Getting to the Root of Heart Disease:

A Panel Discussion

Tuesday, February 25, 7:00–8:15 pm
Free event
Northern Westchester Hospital
Center for Healthy Living
480 Bedford Road, Chappaqua

Loving the Heart in You: Heart Health & Blood Pressure Screening

Wednesday, February 26, 7:00–8:00 pm
Free event
Sayville Library
88 Greene Avenue, Sayville

Family & Friends First Aid and Hands Only CPR

Wednesday, January 15, 6:30–8:30 pm
Free event
Katz Institute for Women's Health
1981 Marcus Avenue, Suite E110,
Lake Success

Heartsaver CPR/AED

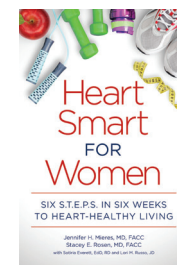
Wednesday, February 12, 6:00–9:00 pm
\$65; American Heart Association
certification issued
Katz Institute for Women's Health
1981 Marcus Avenue, Suite E110,
Lake Success

Heartsaver Infant CPR/AED

Wednesdays, 6:00–10:00 pm
January 15, March 25, May 13
North Shore University Hospital
Training Center Rooms 4 & 5
300 Community Drive, Manhasset

Heartsaver Infant/Child CPR/AED

Wednesdays, 6:00–10:00 pm
February 12, April 15, June 17
North Shore University Hospital
Training Center Rooms 4 & 5
300 Community Drive, Manhasset



This engaging, user-friendly book simplifies complex medical content with clear illustrations, real patient stories and a practical step-by-step approach to living your

most heart healthy life. Copias
disponible en Espanol.

Special Programs and Conferences

As a woman, you've got a long to-do list. We understand that it's not always easy balancing life's many obligations—but we need you to do just one more thing. And it's an important one: Take care of yourself the way you take care of everyone else.

The good news? Taking care of your health can start with something small, easy and even fun. Especially with a little help from Katz Institute for Women's Health.

Discovering Women's Health in Eastern Long Island

Tuesday, March 24, 5:30–8:00 pm

\$20 (Register with a friend and receive \$5 off)
Long Island Aquarium

Sea Star Ballroom

431 E. Main Street, Riverhead

Northwell Health's Eastern Long Island hospitals and Katz Institute for Women's Health invite you to an evening to discuss the latest advances in women's health with a panel of health experts in your region.

Women's Health: Your Healthy Self

Tuesday, June 9, 6:00–8:30 pm

\$20 (Register with a friend and receive \$5 off)
Pace University

Wilcox Hall

861 Bedford Road, Pleasantville

It's important to lead a healthy lifestyle starting in your teenage and early adult years. Become educated on ways you can maintain your overall well-being so that you can take charge of your health.

Caring for Those who Care for Others

Wednesday, June 17, 9:00–11:30 am

\$15

Northwell Health Corporate

2000 Marcus Avenue, New Hyde Park

More than 43 million adults provide care at home for other people. Join us to hear from experts on how to prioritize health and manage the stress of caregiving.

Our Biennial Women's Health Conference

Celebrating Women's Health: The Nanci and Larry Roth Women's Health Conference presented by Katz Institute for Women's Health

Tuesday, May 12, 8:00 am–3:30 pm

\$50 (\$10 discount if registered by April 27)
Long Island Marriott

101 James Doolittle Boulevard, Uniondale

The Katz Institute for Women's Health invites you to attend our women's conference featuring a number of women's health experts.

Integrative Health



Center for Wellness and Integrative Medicine

Northwell Health's Center for Wellness and Integrative Medicine is an educational, wellness and retreat center dedicated to your personal evolution in mind, body and spirit. We understand that each person's journey to health is unique. That's why we collaborate with your healthcare team to create a wellness plan individualized to your specific needs and goals.

Our services include:

- Acupuncture
- Aromatherapy
- Energy healing
- Health and wellness coaching
- Massage and reflexology
- Meditation and mindfulness
- Nutrition counseling
- Pilates
- Tai Chi
- Yoga

Center for Wellness and
Integrative Medicine
1500 Old Northern Boulevard
Second Floor, Roslyn, NY
(516) 858-3095

Visit us online at
Northwell.edu/integrativemedicine.

Spring Wellness Conference: Achieving Health and Wellness Body, Mind and Soul

Saturday, March 21, Time TBD

Zucker School of Medicine at Hofstra/
Northwell

Integrative medicine is a holistic approach to care that addresses a person's physical and spiritual health. Over the past several years, the use of integrative medicine to promote health and wellness has grown in the United States. Studies have shown positive benefits of yoga, meditation, and mindfulness on stress and anxiety, pain management, certain forms of arthritis, heart health and overall well-being.

Parenting Education

Baby University

A semester of Baby University offers classes ranging from pregnancy to after birth and beyond. Enrollment is limited to 25 people for an enhanced learning environment.

All classes are taught by Northwell Health healthcare providers. Our staff's expertise and compassionate care have earned the trust of patients, their families and referring physicians.

\$20 per person; \$35 per couple
Northwell Health Physician Partners
OB/GYN of Islandia
3001 Expressway Drive North,
Suite 116, Islandia

To register for classes visit us online at:
<https://kiwh-babyu.eventbrite.com>.

The birth of a child is an event that touches every member of the family. Northwell Health's Katz Institute offers a variety of interactive classes to provide important information, teach valuable skills, plan and prepare for childbirth and the care of a new baby.

Preparation for Childbirth

The Preparation for Childbirth class prepares expectant parents for the birthing experience. Classes are offered multiple times a month and should be completed 3-4 weeks prior to your estimated delivery date.

\$200 per couple

Baby Care Basics

The Baby Care Basics class teaches expectant parents, grandparents and child care providers how to care for a newborn.

\$70 per person, \$85 per couple

Breastfeeding

The Breastfeeding class introduces the basics of breastfeeding and prepares expectant parents for a healthy breastfeeding relationship with their baby.

\$70 per person, \$85 per couple

All classes are held at North Shore University Hospital (300 Community Drive, Manhasset). Space at these events are limited.

Please visit Northwell.edu/kiwh-events or call **(516) 881-7000** to view upcoming dates and to register.

Safe Kids

The Katz Institute for Women's Health at Northwell Health leads the **New York State Safe Kids Coalition, Safe Kids Nassau County, Safe Kids Queens and Safe Kids Suffolk**. Grassroots coalitions of **Safe Kids Worldwide**, these groups bring together health and safety experts, government agencies, local businesses and the community to educate and protect families and children. Programs include child car seat safety check-up, motor vehicle and pedestrian safety, sports and recreation safety, fire and burn safety and drowning and falls prevention.

For further information, please call the Katz Institute for Women's Health at **(516) 881-7000**.



Car crashes are the No. 1 killer of children 1 to 12 years old in the United States. The best way to protect them in the car is to put them in the right seat, at the right time, and use it the right way. Let us help you make better-informed decisions when choosing and using a car seat. Cohen Children's Medical Center offers free car seat safety check-ups.

If you would like a car seat safety check, please call **(718) 470-7178** for an appointment.



Community Support Programs

WomenHeart

WomenHeart is free and open to women who have experienced a heart attack, suffer from any cardiac condition or are at risk for heart disease. Through peer-led support groups, WomenHeart hopes to give one the strength and support needed to lead a heart healthy life.

WomenHeart of Nassau/Queens

1st Wednesday of every month, 1:00–2:30 pm
(516) 384-4684

or

2nd Tuesday of every month, 5:30–7:00 pm
(516) 320-4428

Katz Institute for Women's Health
1981 Marcus Avenue, Suite E110, Lake Success

WomenHeart of Lenox Hill

3rd Wednesday of every month, 6:00–7:00 pm
(212) 434-6160

Lenox Hill Hospital
110 E. 59th Street, Suite A, New York City

WomenHeart of Southside

1st Wednesday of every month, 5:30–7:00 pm
(631) 968-3646

Southside Hospital
1963 Union Boulevard, Room A & B, Bay Shore



Falls/Injury Prevention Programs

Every second of the day in the United States, an older adult falls—making falls the leading cause of injury and deaths from injury among older Americans. Falls and fall injuries are more common than strokes and can result in health problems that are just as serious. Falls are also the number one reason older adults lose their independence.

Stepping On

A 7-week workshop that combines simple balance and strength exercises with education on the safe use of medications, home safety, proper footwear, vision and more. In small groups, participants share mutual support and success, building confidence in their ability to reduce the risk of falls and maintain active and fulfilling lives.

For more information call, **(516) 881-7000**.

Leaves Are Supposed to Fall – People Aren't

Saturday, March 28, 9:00 am–12:30 pm
Free event
Mather Hospital
625 Belle Terre Boulevard, Port Jefferson



Weight Management Programs

Core 4: Create Your Weight

Program starts Thursday, February 6

Core 4, your personalized plan for effective, long-term weight loss, is taught by a registered dietitian to educate and inspire you to make the healthy changes you need to get to your ideal weight. Each of the 12 one-hour weekly group sessions will address a relevant topic, including portions, food labels, meal planning, dining out, choosing foods wisely and behavior modification. This program is followed by an additional three months of bi-weekly support meetings.

For more information, call **(516) 881-7060**.

Group Weight Loss Classes: 12 Week Program

January 24–April 17, 12:30–1:30 pm
\$300

Northern Westchester Hospital
Center for Healthy Living
480 Bedford Road, Chappaqua

For more information on this event please call
(914) 362-6152.

Smoking Cessation Program

With a quit rate higher than the national average, the Center for Tobacco Control provides group and individual tobacco cessation programs at 225 Community Drive (south entrance) in Great Neck and at Southside Hospital at 301 East Main Street, Bay Shore. The programs are facilitated by Northwell Health nurses and nurse practitioners.

Please call **(516) 466-1980** or email us at **tobaccocenter@northwell.edu** for more information or to enroll in one of our programs. On-going support groups are also available.



About Katz Institute for Women's Health

The Katz Institute for Women's Health (KIWH) is a champion for women's health and wellness. Modern medical science continually shows us that women's health needs are unique. To meet those needs, KIWH provides a complete healthcare connection focused on the continuum of care over a woman's life span. Every day, we work to promote this vision and approach by raising the standards of excellence in patient-centered women's health care.

KIWH is building a better, kinder and smarter culture of care for our mothers, sisters and daughters. The KIWH educational programs empower women with the knowledge to make informed decisions about their health and wellness and that of their loved ones.

The KIWH Resource Center is available to answer your questions related to women's health and to coordinate access to the clinical services and educational programs offered by Northwell Health.

For more information call the KIWH Resource Center at **(855) 850 KIWH (5494)** or email **womenshealth@northwell.edu**

To register for all programs and events visit Northwell's Katz Institute website **Northwell.edu/kiwh-events**

We're social! Follow us on  
