

# **New York-Presbyterian** Columbia University Irving Medical Center

Join Us for



**Friday, February 1, 2019**

## **NATIONAL WEAR RED DAY**

10:00 am – Kickoff Breakfast

10:45 am – Group Photograph followed by the Milstein Mile

Riverview Terrace – Vivian and Seymour Milstein Family Heart Center

Wear **RED** to support women in the fight against heart disease – their #1 killer. Join us for a heart-healthy breakfast and to show your support. Our group photo will be shared on NYP and Columbia social media!

## **INDOOR MILSTEIN MILE**

Come clock your 30 minutes of exercise for the day! All participants will enter a raffle to win **APPLE AIR PODS**.

**Thursday, February 7, 2019**

## **HEART HEALTH SCREENING FAIR**

11:00 am – 2:00pm

Riverview Terrace – Vivian and Seymour Milstein Family Heart Center

- Cholesterol and Glucose Screening (please come fasting x 4 hours, if possible)
- Blood Pressure Screening and Expert Advice from The Hypertension Center at ColumbiaDoctors
- BMI/Waist Circumference
- Peripheral Vascular Disease Screening by our Endovascular Specialists
- Heart Healthy Eating Tips from NYP Food and Nutrition
- Hands Only CPR Demo
- Learn more about The Aortic Center
- Expert Advice from The Advanced Cardiac Care Center - Heart Failure & Transplant Team
- And much more...

**Thursday, February 14, 2019**

## **“LOVE YOUR HEART” ON VALENTINE’S DAY – Mindfulness & Wellness Event!**

10:00 am – 2:00 pm

Riverview Terrace – Vivian and Seymour Milstein Family Heart Center

- Chair Massage – Space is limited, come early to sign up!
- Essential Oils & Aromatherapy
- NYP Fitness Center
- Expert Nutrition Advice: Learn About the Mind-Gut Connection
- Crystal Healing & Reiki
- NYP “Paws for Patients” Pet Therapy
- Columbia University Musicians Guild – “Music at the Bedside” Program – enjoy listening to our talented musicians!
- Align & Flow – Chair Yoga – Sign up required
- Spa Services information