

April 2019 Vitality Calendar



Parkinson's Support Group

Tuesday, April 2 at 9:00am

755 Building, Room 545

Elder Law Series

Tuesday, April 2 at 6:00pm

Auditorium

Mind Games for Fun

Wednesday, April 3 at 2:00pm

Board Room/"C" level

Spirituality

Wednesday, April 10 at 9:00am

755 Building, Room 545

Meditation

Wednesday, April 10 from 11:00am-12:00pm

755 Building, 4th Floor

Wednesday, April 24 from 5:00pm-6:00pm

755 Building, 4th Floor

Breakfast Club (Geneticist)

Thursday, April 11 at 8:30am

Cafeteria

Osteoporosis Program (Dr. Narwal)

Thursday, April 11 at 10:30 am

Board Room/"C" level

Alzheimer's Caregivers Support Group

Friday, April 12 at 10:00am

755 Building, Suite 545

Senior Steps (Balance Screening)

Tuesday, April 16 from 10:00-11:30am

755 Building, Suite 225

Appointments times are required.

Functional Medicine – An Individualized Approach to Health

Wednesday, April 17 at 9:00am

755 Building, 4th Floor

Senior Debate

Friday, April 19 at 10:00am

Auditorium

Demystifying Medicare

Saturday, April 27 from 9:30am-12:30pm

Auditorium

Important Information:

Access the "C" Level through the back entrance of the hospital marked "Auditorium." Proceed down one flight.

Meditation and the Functional Medicine Program are held in the Family Medicine Residency Conference Room.

For more information, please contact Ellen Woods at (914) 366-3937 or email Vitality@northwell.edu

Phelps Hospital

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