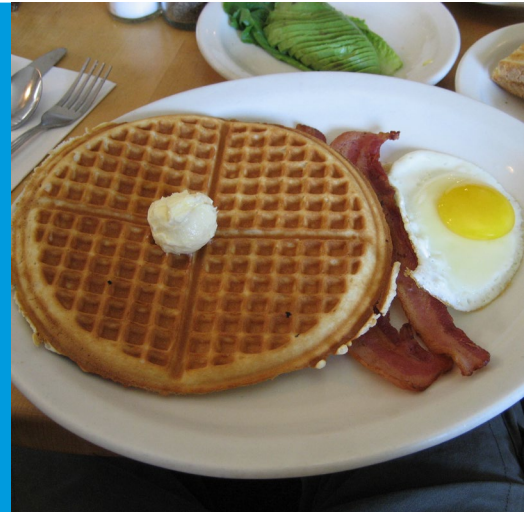




The Breakfast Club

How Genetics Link to Your Risk for Cancer



The Breakfast Club is a series of breakfast meetings designed especially for seniors. Each program includes a free breakfast, a presentation on a healthy lifestyle topic, and a light exercise program to improve strength and balance. It's also a great opportunity for older adults to socialize with their peers.

Date: Thursday, April 11, 2019

Time: 8:30-10:30am

Where: Phelps Hospital Cafeteria

Speaker: Tawanna St. Lewis, Genetic Counselor

Registration is required.

To register, please contact Ellen Woods at **(914) 366-3937** or **Vitality@northwell.edu**.

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Phelps Hospital
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