

The Breakfast Club

Separating Facts From Fiction About Sleep in the Older Adult

Presented by Dr. Steven Thau



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.

Reservations are required

For more information, please contact Ellen Woods at (914) 366-3937 or email ewoods3@northwell.edu

Important Information:

Date: Thursday, May 10, 2018

Time: 8:30-10:30am

Where: Phelps Hospital- Cafeteria
701 North Broadway
Sleepy Hollow, NY 10591

To Register: Please call Vitality at 914-366-3937

Phelps Memorial Hospital
701 N Broadway
Sleepy Hollow, NY 10591



Phelps Hospital
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