

# PHELPS HOSPITAL May 2019 Vitality Calendar

## Programs for Seniors



### Mind Games for Fun

Wednesday, May 1 at 2:00pm

Board Room/"C" level

### Tai Chi for Arthritis and Balance

Tuesdays and Thursdays, 9:00am-10:00am

James House

### Elder Law Series

Tuesday, May 7 at 6:00pm

Auditorium

### Meditation

Wednesday, May 8 from 11:00am-12:00pm

755 Building, Room 545

Wednesday, May 22 from 5:00pm-6:00pm

755 Building, Room 545

### Breakfast Club (GERD)

Thursday, May 9 at 8:30am

Cafeteria

### Osteoporosis Program (Dr. Hellerman)

Thursday, May 9 at 10:30 am

Board Room/"C" level

### Alzheimer's Caregivers Support Group

Friday, May 10 at 10:00am

755 Building, Suite 545

### Parkinson's Support Group

Monday, May 13 at 9:00am

755 Building, Room 545

### Functional Medicine – An Individualized Approach to Health

Wednesday, May 15 at 9:00am

755 Building, 4th Floor

### Women's Health: Mindfulness-Based Stress Reduction

Thursday, May 16 from 6:00pm-8:00pm

James House

### Afternoon Tea

Friday, May 17 from 2:00-4:30pm

Cedar Manor (61 Stormytown Road, Ossining)

### Senior Steps (Pulmonary Screening) \*Appointments times are required

Tuesday, May 21 from 10:00-11:30am

755 Building, Suite 225

### Vitality Day

Thursday, May 23 from 4:00pm-7:00pm

James House

*Cocktails and Conversations*

#### Important Information:

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

The Functional Medicine Program is held in the Family Medicine Residency Conference Room.

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

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#### Phelps Hospital

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**Phelps Hospital**  
Northwell Health®