

October 2018 Vitality Calendar



Mind Games for Fun

Wednesday, October 3 at 2:00pm

Board Room/"C" level

Tai Chi Easy

Fridays, October 5-November 30

Reformed Church of the Tarrytowns

Holistic Pain Support Program

Tuesday, October 9 and 23 at 12:00pm

755 Building, 4th floor

The Breakfast Club (Cognition)

Thursday, October 11 at 8:30am

Phelps Cafeteria

Osteoporosis Program (Physical Therapist)

Thursday, October 11 at 10:45 am

Board Room/"C" level

Alzheimer's Support Group

Friday, October 12 at 10:00am

755 Building, Suite 545

Senior Steps (Cognitive Screening)

Tuesday, October 16 from 10:00-11:30am
Appointments times are required.

755 Building, Suite 225

Senior Debate

Monday, October 22 at 10:00am

Auditorium

Important Information:

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

The Holistic Pain Support Program is held in the Family Medicine Residency Conference Room.

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

Phelps Hospital

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