

September 2018 Vitality Calendar



Mind Games for Fun Wednesday, September 5 at 2pm	Board Room/"C" level
Holistic Pain Support Program Tuesday, September 11 & 25 at 12pm	755 Building, 4 th floor
The Breakfast Club Thursday, September 13 at 8:30am (Cardiology)	Phelps Cafeteria
Osteoporosis Program Thursday, September 13 at 10:45 am (Fall Prevention)	Board Room/"C" level
Alzheimer's Support Group Friday, September 14 at 10am	755 Building, Suite 545
Autumn Games Saturday, September 15 at 10:00am	Mt. Pleasant Community Center
Senior Steps Tuesday, September 18 at 10:00am (Balance)	755 Building, Suite 225
Fall Prevention Day Friday, September 21 at 9:00am	Mt. Pleasant Community Center
Women's Health and Fitness Day Tuesday, September 25, 4-8pm	Mt. Pleasant Community Center
Demystifying Medicare Saturday, September 29, 9am-12pm	Phelps 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.

Appointment times are required for the balance screening

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

Phelps Hospital

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