

National Women's Health Week



Women Celebrating Women

Come celebrate women's health and wellness with us at Phelps Hospital on May 15, 16 and 17.

The goal of National Women's Health Week is to empower women to make their health a priority. We have planned a three-day event for women of all ages:

Age is just a number! You're never too young or too old to be your healthiest you!

Tuesday, May 15

6:00 - 7:00 pm

Yoga

7:00 - 8:00 pm

Midwifery - beyond childbirth

Midwives offer so much more than child-birth care. They offer care for women from the teen years through menopause.

Presented by Phelps Medical Associates, Midwifery of Harrison, Northwell Health Physician Partners.

Healthy appetizers will be served.

Wednesday, May 16

4:00 - 5:00 pm

Healthy cooking demo & tasting

5:00 - 7:00 pm

Wise words for wise women:

Breast care

Presented by Westchester Regional Director of Breast Surgery for Northwell Health, Dr. Alice Police.

Menopause

Learn how to live with the changes brought on by menopause.

Presented by OB/GYN Dr. Janice Teixeira.

Thursday, May 17

6:00 - 7:00 pm

Love the skin you're in

Presented by dermatologist Dr. Alison Stallings.

7:00 - 9:00 pm

Spa services:

Massage, reflexology and Tibetan singing bowls

Healthy appetizers will be served.

Join us as we celebrate women!

All events are free to attend.