



February is Heart Month

Learn to Live Heart Healthy at NewYork-Presbyterian Hospital and Celebrate the Birthday of the Vivian and Seymour Milstein Family Heart Center

Location: Vivian and Seymour Milstein Family Heart Center, Riverview Terrace
NewYork-Presbyterian Hospital/Columbia University Medical Center
173 Fort Washington Avenue, New York, NY 10032

Unless otherwise stated, events are held at the Heart Center's Riverview Terrace and are first-come, first-serve.

WEDNESDAY, FEBRUARY 16

RED DRESS COLLECTION DISPLAY

Time: 10:00 am – 3:00 pm

The Red Dress® is the national symbol of *The Heart Truth*® — a national awareness campaign for women about heart disease.



Designer red dresses and gowns worn by famous celebrities at the NYC Fashion Week will be on display.

SCREENING AND EDUCATION

Cholesterol, Blood Pressure, Glucose,
Waist Measurement and more...

Time: 10:00 am – 3:00 pm

Discuss results with NYP medical staff and Fitness Center personal trainers.

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HULA HOOP CONTEST

Time: 10:00 am – 3:00 pm

Hula Hoop your way to winning a Wii! Enter the Wii Hula Hoop contest. Highest score of the Hula Hoop Contest wins a Nintendo Wii Console™.

SPA EXPERIENCE

Time: 11:00 am – 3:00 pm

Chair Massage. Need we say more?
Space Limited

HAVE A HEART—LET GO OF YOUR ANGER

Time: 11:00 am – 12:00 pm

Speaker: Robert Allan, PhD, Clinical Psychologist

HEART HEALTHY MEALS FROM CHIC HEALTH CONSCIOUS NYC RESTAURANT

Time: 12:00 pm – 2:00 pm

Rouge Tomate Culinary Nutritionist, R.D. Natalia Hancock will demonstrate how to create heart healthy meals for you and your family. Taste tests available.

ZUMBA

Time: 12:00 pm – 1:00 pm

Location: Heart Center Rooms 1-2.

Dance your heart out to Latin and International Music.

YOGA

Relax your mind, invigorate your body.

Time: 2:00 pm – 3:00 pm

Location: Heart Center Rooms 1-2.

WALK THE MILSTEIN MILE

Clock your daily 30 minutes of exercise by walking the indoor Milstein Mile.

Map available on-site

— NewYork-Presbyterian
— Columbia University Medical Center

Vivian and Seymour Milstein Family
Heart Center