FEBRUARY 2011
HEART MONTH
Walk the **Montefiore Mile** to a Healthier Heart
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
|        | Cardiology Grand Rounds  
Moses Cherkasky Auditorium  
7:30 am - 8:30 am  
Montefiore Kick-off:  
Weiler Division, Main Entrance  
11:30 am | Montefiore Mile Kick-off:  
Moses Division, Main Entrance  
9:30 am | Montefiore Mile Kick-off:  
North Division, Main Entrance  
11:30 am  
Zumba Dance:  
Family Health Center  
5:00 pm - 6:00 pm | National Wear Red Day  
Heart Healthy  
Food Demonstration:  
Fordham Family Practice, 12:30 pm  
Family Health Center, 1:00 pm  
MMG White Plains Road, 3:00 pm |
| 7      | Cardiology Grand Rounds  
Moses Cherkasky Auditorium  
7:30 am - 8:30 am  
Health Screening:  
MMG Bronx East, 8:00 am - 1:00 pm  
Food Education:  
Weiler Cafeteria, 1:00 pm - 2:00 pm | Food Education:  
Moses food Pavilion  
1:00 pm - 2:00 pm  
Health Seminar:  
Food and Salt Intake  
Weiler Auditorium, 1:00 pm - 1:30 pm  
Kathy Galvin, ANP-C  
Health Seminar: Laughing is Good for the Heart!  
Weiler Auditorium, 3:00 pm - 4:00 pm  
Hannah Hsiao, NP | Health Screening:  
Weiler Auditorium, 8:00 am - 1:00 pm  
Food Education:  
North Cafeteria, 1:00 pm - 2:00 pm  
High Blood Pressure Workshop:  
Family Health Center, 2:00 pm - 3:00 pm  
Health Seminar: PVO and Stroke: Everything You Need to Know  
Weiler Auditorium, 3:00 pm - 4:00 pm  
Nicole Sutton, MD  
Zumba Dance:  
Family Health Center, 5:00 pm - 6:00 pm | Heart Healthy  
Food Demonstration:  
Family Health Center 1:00 pm |
| 8      | Cardiology Grand Rounds  
Moses Cherkasky Auditorium  
7:30 am - 8:30 am  
Health Screening:  
MMG Grand Concourse, 8am-1pm | Heart Club:  
Therapeutic Hypothermia for Cardiac Arrest  
Moses Division, Medical Arts Pavilion  
7th Floor Cafeteria  
6:30 pm - 6:30 pm  
Mark Maneaki, MD | Health Screening:  
Weiler Auditorium, 8:00 am - 1:00 pm  
Health Seminar: Prevention, Risk and Reversal of Heart Failure  
Moses Cherkasky Auditorium  
1:30 pm - 2:30 pm  
Janice Galvin, ANP-C  
Health Seminar: Prevention of Cardiomyopathy Disease  
Moses Cherkasky Auditorium  
2:30 pm - 3:30 pm, Robert Ostfeld, MD  
Zumba Dance:  
Family Health Center, 5:00 pm - 6:00 pm | VAD/Heart Transplant Awareness Day:  
Moses Food Pavilion  
10:00 am - 1:00 pm  
Heart Healthy  
Food Demonstration:  
Fordham Family Practice, 12:30 pm  
Family Health Center, 1:00 pm  
MMG White Plains Road, 3:00 pm |
| 14     | Congenital Heart Defect Awareness Day  
Health Seminar:  
Adult Congenital Heart Disease  
Tischman A  
3:00 pm - 4:00 pm  
George Liu, MD |        |        |        |
| 15     | Cardiology Grand Rounds  
Moses Cherkasky Auditorium  
7:30 am - 8:30 am  
Health Screening:  
MMG Grand Concourse, Barn-1pm | Heart Club:  
Therapeutic Hypothermia for Cardiac Arrest  
Moses Division, Medical Arts Pavilion  
7th Floor Cafeteria  
6:30 pm - 6:30 pm  
Mark Maneaki, MD |        |        |
| 16     |        |        |        |        |
| 17     |        |        |        |        |
| 21     |        |        |        |        |
| 22     |        |        |        |        |
| 23     |        |        |        |        |
| 24     |        |        |        |        |
| 25     |        |        |        |        |

**Montefiore Locations:**

- Moses Division  
  111 East 210th Street  
  Bronx, New York 10467
- Weiler Division  
  1825 Eastchester Road  
  Bronx, New York 10461
- North Division  
  600 East 233rd Street  
  Bronx, New York 10466
- The Children's Hospital at Montefiore  
  3415 Bainbridge Avenue  
  Bronx, New York 10467
- Medical Arts Pavilion (MAP)  
  3400 Bainbridge Avenue  
  Bronx, New York 10467

**Montefiore Group Locations:**

- Bronx East  
  2300 Westchester Avenue  
  Bronx, New York 10462
- Grand Concourse  
  2532 Grand Concourse  
  Bronx, New York 10458
- Cross County  
  1910 Central Park Avenue  
  Yonkers, New York 10704
- Family Health Center  
  360 East 193rd Street  
  3rd Floor Waiting Area  
  Bronx, New York 10467
- Fordham Family Practice  
  One Fordham Plaza  
  Waiting Area  
  Bronx, New York 10458
- White Plains Road  
  2300 White Plains Road  
  Waiting Area  
  Bronx, New York 10462
- Eastchester Road Practice  
  1629 Eastchester Road  
  Bronx, New York 10461