



## Welcome to the Spring Karpas Calendar of Events!

Have you visited us online yet? Visit Karpas Health online at [www.KarpasHealth.org](http://www.KarpasHealth.org) to browse events and sign up for classes as soon as they are posted. Check back regularly for updated health information, links to resources, and tips to keep you healthy and active. And, as always, feel free to visit us at our storefront for health information and brochures. We are located at 311 First Avenue on the corner of 18<sup>th</sup> Street. Have a healthy and happy spring!

### April

#### 1 **MOVIE MONDAY**

Stay informed! Join the Karpas Health Information Center staff as we screen documentaries and films that may be important to you and your well-being. For more information about the films visit us online at [www.KarpasHealth.org](http://www.KarpasHealth.org).

- **Fresh – Monday, April 2**, “*Fresh* celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet.” (72 minutes) [www.FreshTheMovie.com](http://www.FreshTheMovie.com)
- **An Inconvenient Truth – Monday, May 7**, *An Inconvenient Truth* is a passionate and inspirational look at former Vice President Al Gore’s fervent crusade to halt global warming’s deadly progress by exposing the myths and misconceptions that surround it.” (100 minutes) [www.ClimateCrisis.net](http://www.ClimateCrisis.net)
- **Forks Over Knives – Monday, June 4**, “This film examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods.” (90 minutes) [www.ForksOverKnives.com](http://www.ForksOverKnives.com)

- **Food Fight – Monday, July 2**, “A fascinating look at how American agricultural policy and food culture developed in the 20<sup>th</sup> century, and how the California food movement rebelled against big agribusiness to launch the local organic food movement.” (72 minutes) [www.FoodFightTheDoc.com](http://www.FoodFightTheDoc.com)

**TIME: ALL MOVIES BEGIN AT 5:30 PM**

**LOCATION:** Bernstein Pavilion,  
Beth Israel Medical Center

#### 2 **STAY IN SHAPE! JOIN OUR WALKING CLUB**

Take a step in the right direction! Meet us at the Karpas Health Information Center Wednesday afternoons for a heart-healthy walk to help you stay fit and keep your week going strong.

**EVERY WEDNESDAY, 12:30 - 1 PM**

**LOCATION:** Karpas Health Information Center

#### 3 **JOURNEY TO JOY MEDITATION**

De-stress and renew your spirit with meditation.

**Every Thursday, 2 – 3:30 PM**

**INSTRUCTOR:** Joan Goldstein

**LOCATION:** Karpas Health Information Center

**FEE:** \$5 per class



## 4 BLOOD PRESSURE SCREENING

Are you concerned about your blood pressure? Join us each month as our health educators check your blood pressure and explain what your numbers mean.

**TUESDAYS, APRIL 10, MAY 8, JUNE 12, JULY 10, AUGUST 14**

**TIME: 2 - 3 PM**

**LOCATION:** Karpas Health Information Center

## 5 SEXUAL HEALTH AS YOU AGE (MEN ONLY)

Many things can impact a man's sexual health as he ages, sometimes resulting in erectile dysfunction (ED). Come listen as Dr. Stember explains how to prevent and treat ED and other common sexual health problems. **Men only for this lecture.**

**TUESDAY, APRIL 17, 3:30 - 4:30 PM**

**INSTRUCTOR:** Doron Stember, MD, Department of Urology, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 6 AH-CHOO! NATURAL ALLERGY REMEDIES

Allergies take a toll on many people each spring, and the struggle with itchy eyes and sneezing is difficult enough without the side effects of allergy medications. Dr. Gereau-Haddon will explain how to prevent and treat these annoying symptoms with the use of natural remedies.

**FRIDAY, APRIL 20, 3 - 4 PM**

**INSTRUCTOR:** Sezelle Gereau-Haddon, MD, Department of Otolaryngology, Beth Israel Medical Center

**LOCATION:** Bernstein Pavilion,  
Beth Israel Medical Center

## 7 HOW DOES CHOLESTEROL IMPACT THE HEART?

Your body needs cholesterol to develop healthy cells, but too much can increase your risk of heart disease. Dr. Misra will discuss ways to control your cholesterol and develop a heart-healthy lifestyle for many active years to come.

**WEDNESDAY, APRIL 25, 3 - 4 PM**

**INSTRUCTOR:** Deepika Misra, MD, Department of Medicine, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

# May

## 8 SPRING DAY TUNE UP!

Join us for our "Spring Day Tune Up" to have your cholesterol, glucose, and blood pressure checked. Health counseling, educational materials, and nutrition information will be provided at this FREE event.

**WEDNESDAY, MAY 2, 1 - 4 PM**

**LOCATION:** Phillips Ambulatory Care Center

## 9 HOME REMEDIES FOR GLOWING SKIN

Do you want younger, more beautiful skin without expensive spa treatments? Dr. Mikhail will be teaching ways to get that healthy, glowing skin with home-made remedies so that you can put your best face forward this spring.

**THURSDAY, MAY 3, 2 - 3 PM**

**INSTRUCTOR:** Maryann Mikhail, MD, Department of Dermatology, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center



**Registration is REQUIRED for all events.**

**Visit us at [www.KarpasHealth.org](http://www.KarpasHealth.org) or call 212.420.4247 for more information or to register.**

## Phillips Ambulatory Care Center

10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor

## Bernstein Pavilion

Beth Israel Medical Center  
Corner of 16<sup>th</sup> Street and Nathan D. Perlman Place between 1<sup>st</sup> and 2<sup>nd</sup> Avenues  
Podell Auditorium, Ground Floor

## 10 NUTRITION AND CANCER

Nutrition is an important part of daily living for all of us, but did you know that it can be useful in preventing cancer, or that it can help you feel better during cancer treatment? Registered dietitian Danna Strahl will discuss what foods can help you reduce your risk of cancer, and what foods may help during treatment.

**WEDNESDAY, MAY 9, 3 – 4 PM**

**INSTRUCTOR:** Danna Strahl, RD, Department of Food and Nutrition, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 11 REDUCE AND CONTROL ANXIETY

Anxiety is a common problem, especially in a bustling metropolitan city such as New York. Learn tips to manage and control anxiety and stress with Dr. Dancourt so that you can enjoy an anxiety-free spring and summer.

**FRIDAY, MAY 11, 3 – 4 PM**

**INSTRUCTOR:** Celena Dancourt, MD, Department of Psychiatry, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 12 BE A GREAT GRANDPARENT

Do you have a new baby in your life? Come get a refresher on child care and safety tips to ensure that you and your new bundle of joy enjoy many happy, safe days together this summer.

**WEDNESDAY, MAY 16, 3 – 4 PM**

**INSTRUCTOR:** Allison Walsh, IBCLC, LCCE, FACCE, Manager, Parent Education and Lactation Programs, Beth Israel Medical Center

**LOCATION:** Bernstein Pavilion,  
Beth Israel Medical Center

## 13 MEDITATE TO QUIET THE SOUNDS OF THE CITY

The sounds, chaos, and distractions of New York City can at times feel overwhelming. Meditation is a great way to find a quiet place even in the noisy city. Experience the benefits of meditation as Chodo Campbell leads you in two different techniques to help restore a sense of peacefulness in your day. The session will last 30 minutes with time at the end for questions. **PLEASE ARRIVE AT LEAST 5 MINUTES EARLY, LATECOMERS WILL NOT BE ADMITTED.**

**FRIDAY, MAY 18, 2 – 3 PM**

**INSTRUCTOR:** Chodo Campbell, HHC, Co-Founder and Co-Executive Director of the New York Zen Center for Contemplative Care

**LOCATION:** Bernstein Pavilion,  
Beth Israel Medical Center

*Need a Great Doctor?*

**Call 866.318.8755**

## 14 LEARN TO LIVE THROUGH CANCER

Come listen as Dr. Fleishman, author of the book *“Learn to Live Through Cancer: What You Need to Know and Do,”* explains his integrative approach to improving the length and quality of life for cancer patients from diagnosis to recovery. Dr. Fleishman will provide tips for a healthy and meaningful future following a cancer diagnosis.

**TUESDAY, MAY 22, 1 – 2 PM**

**INSTRUCTOR:** Stewart Fleishman, MD, Founding Director of Cancer Supportive Services, Continuum Cancer Centers; Former Associate Chief Medical Officer, Continuum-Jacob Perlow Hospice

**LOCATION:** Phillips Ambulatory Care Center



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**VISIT US ONLINE!**

Stay up-to-date by checking out our new events and registering online in the comfort of your home at [www.KarpasHealth.org](http://www.KarpasHealth.org).



## 15 **PREPARING FOR THE FUTURE: LIVING WILLS & POWER OF ATTORNEY**

To protect yourself and your family in the event that you are not able to speak for yourself, it is important to have a living will and a designated power of attorney so that your wishes are clear. Lisa Newfield will explain options so that you and your family can be prepared for the future.

**WEDNESDAY, MAY 23, 2:30 – 3:30 PM**

**INSTRUCTOR:** Lisa Newfield, Partner, McCarthy Fingar LLP

**LOCATION:** Phillips Ambulatory Care Center

### **Stay Off Smoking Support Group (SOS)**

**EVERY WEDNESDAY NIGHT FROM 6-7 PM**

Phillips Ambulatory Care Center, 2<sup>nd</sup> Floor,  
Friedman Conference Center, Conference Room # 2  
For more information, please call 212.844.1349



*June*

## 16 **FOOD ADDICTION**

Just like drugs and alcohol, food can become an unhealthy addiction. Join us as Dr. Salsitz and Julie Winslow discuss the obesity epidemic, the symptoms and neurobiology of food addiction, and ways to manage it so that you can have a healthy relationship with food and an understanding of your addiction.

**WEDNESDAY, JUNE 6, 3:30 – 5 PM**

**INSTRUCTORS:** Edwin Salsitz, MD, Department of Medicine, Beth Israel Medical Center  
Julie Winslow, MEd, CHES, CHHC, CMT, Director, Karpas Health Information Center, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 17 **YOUR THYROID & YOUR ENDOCRINE SYSTEM**

The endocrine system controls many things in your body, including your thyroid. Weight loss or gain, hot flashes, fatigue and dry skin are just a few of the problems that can come when your thyroid and endocrine system are not in balance. Come learn prevention tips and treatment options with Dr. Newman.

**TUESDAY, JUNE 12, 4 – 5 PM**

**INSTRUCTOR:** Lisa Newman, MD, Department of Medicine, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 18 **A PAIN IN THE NECK**

Neck pain is a common problem as our bodies react to hours leaning over a keyboard, poor posture, and normal wear-and-tear. Dr. Bulkin will explain the common reasons for neck pain, as well as the best methods for prevention and treatment.

**THURSDAY, JUNE 14, 4 - 5 PM**

**INSTRUCTOR:** Eugene Bulkin, MD, Department of Physical Medicine and Rehabilitation, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 19 **ACHIEVE OVERALL WELLNESS – A HOLISTIC APPROACH**

Wellness is more than diet and exercise, and we all have the ability to achieve that over-arching level of health. Come learn some tools and tips on how you can feel your best by utilizing all aspects of wellness from a holistic approach. Discover how you can become the best you possible!

**TUESDAY, JUNE 19, 2 – 3 PM**

**INSTRUCTOR:** Julie Winslow, MEd, CHES, CHHC, CMT, Director, Karpas Health Information Center, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

**Thank You To Our Gracious Donors!**

**The Karpas Health Information Center** continues to flourish due to the pioneering spirit, generosity and ongoing leadership of Suzanne Toor Karpas and Irving D. Karpas, Jr.