



Welcome to the Spring Karpas Calendar of Events!

Have you visited us online yet? Visit Karpas Health online at www.KarpasHealth.org to browse events and sign up for lectures 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 location for health information and brochures. We are located at 311 First Avenue on the corner of 18th Street. Have a healthy and happy spring!

March

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

Food, Inc. — MONDAY, MARCH 4, Filmmaker Robert Kenner lifts the veil on the nation's food industry and exposes what has been hidden from the American consumer. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment as we are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults. Food, Inc. reveals what we eat, how it's produced, who we have become as a nation and where we are going from here. (94 minutes)

Flow: For the Love of Water — MONDAY, APRIL 1, This award-winning documentary investigates the water crisis. Building a case against the growing privatization of the world's dwindling fresh water supply. This film

discusses the politics, pollution, human rights, and the emergence of a domineering world water cartel. (84 minutes)

Killer at Large: Why Obesity is America's Threat — MONDAY, MAY 6, Obesity claims the lives of 110,000 Americans each year and plays a major role on one-third of all cancer deaths. Yet, despite the swelling concerns, little is being done on the public policy level. Explore the issue from individual, political, scientific and cultural perspectives. (104 minutes)

Dirt! The Movie — MONDAY, JUNE 3, Dirt and humans couldn't be closer. Dirt has given us food, shelter, fuel, medicine, ceramics, flowers, cosmetics and color; everything needed for our survival. For most of the last ten thousand years we humans understood our intimate bond with dirt and the rest of nature. We took care of the soils that took care of us. But, over time, we lost that connection. Our species became greedy and careless. We still depend on dirt, but now we abuse and ignore it. We are destroying our last natural resource with our agriculture, our mining, and our paving over the planet for cities. We turned dirt into something "dirty." (86 minutes)

TIME: ALL MOVIES BEGIN AT 5:30 PM

LOCATION: Bernstein Pavilion, Beth Israel Medical Center



Registration is REQUIRED for all events.

Visit us at www.KarpasHealth.org or call 212.420.4247 for more information or to register.

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



2 STAY IN SHAPE! JOIN OUR WALKING CLUB

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

ONGOING, WEDNESDAYS, 12:30 – 1 PM

LOCATION: Karpas Health Information Center

3 MEDITATION

De-stress and renew your spirit with meditation.

ONGOING, THURSDAYS, 2 – 3:30 PM

INSTRUCTOR: Joan Goldstein, author, *The Joy Within: A Beginner's Guide to Meditation*
www.JoyOfMeditation.net

LOCATION: Karpas Health Information Center

FEE: \$5 per class

New York Zen Center For Contemplative Care (NYZCC)
Evening Meditation

**ONGOING, MONDAY AND WEDNESDAY EVENINGS,
6 – 7:30 PM**

INSTRUCTOR: Affiliates of NYZCC
www.ZenCare.org/meditation

LOCATION: Karpas Health Information Center

SUGGESTED DONATION: \$10 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 to you what your numbers mean.

**TUESDAYS, MARCH 12, APRIL 9, MAY 14, JUNE 11
2 – 3 PM**

LOCATION: Karpas Health Information Center

5 EXERCISE AND WEIGHT MANAGEMENT (LECTURE ONLY)

Do you ever ask what, when, why, and how much when it pertains to exercise and nutrition. Please join us, as Jeff Young and Beth McDonald explain the different components to help build a healthy and successful nutrition and fitness regimen suitable for you.

THURSDAY, MARCH 28, 2 – 3 PM

INSTRUCTOR: Jeff Young, Kinesiologist, CSCS, Fitness Coordinator, Continuum Center for Health and Healing
Beth McDonald, MS, RD, CDN, Integrative and Sports Nutritionist, Continuum Center for Health and Healing;

LOCATION: Phillips Ambulatory Care Center

April

6 WHAT IS INFLAMMATORY BOWEL DISEASE?

The term inflammatory bowel disease (IBD) covers a group of disorders in which the intestines become inflamed, typically as a result of an immune reaction of the body against its own intestinal tissue. Please join the Director of the Inflammatory Bowel Disease Center, Dr. David Hudesman, as he discusses the symptoms and causes IBD.

TUESDAY, APRIL 2, 1 – 2 PM

INSTRUCTOR: David Hudesman, MD, Director, The Inflammatory Bowel Disease Center; Associate Program Director, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

Need a Great Doctor?

Call 866.318.8755



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Program Locations

Karpas Health Information Center

311 First Avenue at 18th Street, New York, NY 10003

Phone 212.420.4247 • Email: info@KarpasHealth.org



7 HEALTHY RELATIONSHIPS:

HOW THEY BENEFIT YOUR HEALTH

Please join Dr. Lisa Cohen as she presents on the signs of healthy and unhealthy relationships. She will also discuss how healthy relationships benefit your overall health.

WEDNESDAY, APRIL 10, 1:30 – 2:30 PM

INSTRUCTOR: Lisa J. Cohen, PhD, Professor of Clinical Psychiatry, Director of Research for Psychology and Psychiatry, Beth Israel Medical Center

LOCATION: Bernstein Pavilion, Beth Israel Medical Center

8 ARTHRITIS: YOU WERE DIAGNOSED WITH IT... NOW WHAT?

Arthritis is a joint disorder causing inflammation to the joints. With arthritis, pain and fatigue may become a part of your everyday life. Dr. Erin Patton will give an overview of arthritis and discuss the different ways you can improve your life while living with arthritis.

THURSDAY, APRIL 11, 2 – 3 PM

INSTRUCTOR: Erin Patton, MD, MPH; Division of Rheumatology, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

9 ASK THE EYE DOCTOR: COMMON EYE PROBLEMS

The key to protecting your vision is good eye health and eye care, as well as early diagnosis and treatment of ophthalmic conditions. Come ask Dr. Jay Wisnicki about glaucoma, cataracts, macular degeneration, dry eye, strabismus, and other eye concerns.

TUESDAY, APRIL 16, 2 – 3 PM

INSTRUCTOR: Jay Wisnicki, MD, Medical Director, Union Square Eye Care, www.USQEyeCare.com

LOCATION: Phillips Ambulatory Care Center

May

10 SPRING DAY TUNE UP

Have your cholesterol, glucose, and blood pressure checked for FREE and find out your risk factors. Podiatry screening and vision screenings will be provided along with health counseling and educational materials.

WEDNESDAY, MAY 8, 1 – 4 PM

INSTRUCTOR: Staff of Karpas Health Information Center, Friedman Diabetes Center, Union Square Eye Care, Women's Heart NY, and The Betty and Morton Yarmon Stroke Center

LOCATION: Phillips Ambulatory Care Center

11 COMMON CAUSES OF FOOT AND ANKLE PAIN

Do you enjoy going for walks on a beautiful spring day, but foot or ankle pain hinders you? There are many causes of foot and ankle pain, but finding the cause can be a difficult task. Join Dr. David Gitlin as he goes through some of the common causes as well as ways to ease and hopefully correct the pain.

WEDNESDAY, MAY 15, 2 – 3 PM

INSTRUCTOR: David Gitlin, DPM, Department of Surgery, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

12 FIND THE RIGHT DOCTOR AND GET THE MOST OUT OF YOUR VISITS

Having a good relationship with a doctor who is qualified to meet your health care needs is an important part of healthy aging. Dr. Joyce Fogel, the Chief of Geriatric Medicine, will discuss the importance of finding the right doctor and the importance of you and your caregiver being prepared before your appointment in order to have the best visit.

FRIDAY, MAY 17, 2 – 3 PM

INSTRUCTOR: Joyce Fogel, MD, Chief, Geriatric Medicine, Department of Medicine, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center



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Phillips Ambulatory Care Center

10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

Bernstein Pavilion at Beth Israel Medical Center

Corner of 16th Street and Nathan D. Perlman Place between
1st and 2nd Avenues, Podell Auditorium, Ground Floor



13 TRAINING YOUR DOG AND HEALING YOURSELF

Today's best animal trainers make use of the science of learning and implementing positive reinforcement. Instructors from The School for the Dogs will feature an explanation and demo of how to use different techniques with your dog. The School for the Dogs and the Beth Israel Pet Therapy Program will discuss the positive role your pet can play in your life and in the healing process.

WEDNESDAY, MAY 22, 1 – 2:30 PM

INSTRUCTOR: Annie and Kate, School for the Dogs, www.schoolforthedogs.com;
Terry Williams, Director of Volunteer Services,
Beth Israel Medical Center

LOCATION: Bernstein Pavilion, Beth Israel Medical Center

14 WHY CAN'T I SLEEP?

You're exhausted, you can't wait to sleep, but you have difficulty falling asleep or staying asleep. Join Dr. Boris Chernobilsky as he discusses the common sleeping disorders that can cause us difficulty in getting a good night's rest.

FRIDAY, MAY 24, 1:30 – 2:30 PM

INSTRUCTOR: Boris Chernobilsky, MD, Department of Otolaryngology, Beth Israel and New York Eye and Ear Infirmary

LOCATION: Bernstein Pavilion, Beth Israel Medical Center

15 KEEP YOUR MIND SHARP

Everyone forgets things occasionally, but memory loss is nothing to take lightly. We all want to keep our minds sharp and fresh. Dr. Michael Goldstein will talk about how to distinguish occasional memory loss verses something more serious.

TUESDAY, MAY 28, 2:30 – 3:30 PM

INSTRUCTOR: Michael Goldstein, MD, Director of Neuroscience Education, Department of Psychiatry, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

June

16 WHAT IS PERIPHERAL ARTERY DISEASE (PAD)?

Peripheral artery disease refers to diseases of the blood vessels located outside the heart and brain. Dr. Thomas Bernik will discuss signs, symptoms, causes, diagnosis and treatment, as well as preventive methods against PAD.

TUESDAY, JUNE 4, 2:30 – 3:30 PM

INSTRUCTOR: Thomas Bernik, MD, Chief of Vascular Surgery, Department of Surgery, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

17 PELVIC FLOOR AWARENESS (LECTURE ONLY)

The pelvic floor consists of the muscles within the lower part of the pelvis. The pelvic floor also supports vital body functions like genito-urinary systems, digestion, and breathing. This workshop, taught by Richard Sable, will focus on improving awareness of these muscles and will offer techniques that promote more efficient breathing, improve bladder control, and alleviate back, hip and pelvic pain. **SPACE IS LIMITED.**

TUESDAY, JUNE 18, 1 – 4:30 PM

INSTRUCTOR: Richard Sable, OTR, MA, MPH, GCFP, Clinical Assistant Professor in Occupational Therapy, SUNY Downstate Medical Center

LOCATION: Phillips Ambulatory Care Center

Stay Off Smoking Support Group (SOS)

EVERY WEDNESDAY NIGHT FROM 6 – 7 PM

LOCATION: Phillips Ambulatory Care Center, 2nd Floor, Friedman Conference Center, Conference Room #2

FOR MORE INFORMATION,
PLEASE CALL 212.844.1349



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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 the late Irving D. Karpas, Jr.