

Continuum
Health Partners

Women's Heart NY

presents

Love Your Heart: Living a Heart Healthy Life



Saturday, September 17

**Beth Israel Medical Center
Phillips Ambulatory Care Center
10 Union Square East
2nd Floor, Friedman Conference Center
8:30 am - 1 pm**

Women's Heart NY is a multi-site comprehensive heart program, comprised of staff from **Beth Israel Medical Center, St. Luke's Hospital, and Roosevelt Hospital.** The program has been designed specifically for women who are at risk for, or who have a history of heart disease.

"Love Your Heart: Living a Heart Healthy Life" is a 4-hour event including programs that highlight effective ways to prevent heart disease, prepare tasty and healthy meals and discuss the truth about heart disease in women.

Participants will receive **FREE** heart related health screenings including blood pressure and BMI.

A heart healthy lunch will be served.

Registration is not required although it is strongly encouraged.
RSVP by September 14, 2011

To register or to learn more about the *Women's Heart NY* program, please call (877) Women-00 / (877) 966-3600.



Love Your Heart: Living a Heart Healthy Life

- 8:30 am Registration
- 9 am Introduction
Susan Hecht, MD, FACC
- 9:05 am The Truth About Heart Disease in Women: Myth vs Reality
Jacqueline Tamis-Holland, MD, FACC
- 9:25 am Preventing Heart Disease: An Overview
Merle Myerson, MD, EdD, FACC
- 9:45 am Smoking and Your Health
Mary O'Sullivan, MD
- 10:05 am Break
- 10:15 am Cholesterol: "The Big FAT Story"
Deepika Misra, MD, FACC
- 10:35 am Exercise Your Heart
Margaret Furman, MD, MPH, FACC
- 10:55 am Cooking Demonstration: Heart Friendly Oils and
Tips on Keeping a Healthy Pantry
Roxana Picado Reider, Head Chef and Founder of Olla New York
- 11:15 am Questions and Answers
Moderated by Aysha Arshad, MD, FACC
- 11:30 am Are You Heart Fit? **Free** Heart Health Screenings
- 12 noon Heart Healthy Lunch

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