

FREE Monthly Health & Wellness Lecture Series

presented by Long Island College Hospital

We are proud to offer our community the opportunity to participate in a general health discussion with leading Medical Professionals from Long Island College Hospital.

Every 3rd Wednesday of the month we will present a new topic. The lectures are free and open to all. Each lecture will begin at 6:00pm

<i>Date</i>	<i>Topic</i>	<i>Date</i>	<i>Topic</i>
January 19th	“Check with the Doctor before starting an exercise routine”	July 20th	“Skin Cancer”
February 16th	“Heart Healthy”	August 17th	“Eye Health”
March 16th	“Brain & Stroke Awareness”	September 21st	“Prostate Cancer”
April 20th	“ADHD in Adults and Children”	October 19th	“Breast Cancer”
May 18th	“Asthma”	November 16th	“Quitting Smoking”
June 15th	“Sun Safety & Preventing Child Injuries”	December 21st	“Stress Management”



YMCA
OF GREATER NEWYORK

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strong communities

DODGE

225 Atlantic Avenue
Brooklyn NY 11201

****Space is limited, so please register at the Member Services Desk to reserve your seat****

Questions? Contact Ann Fosteris at 212-912-2420 or Abby Schuman at 212-912-2406.