



NEW YORK UNIVERSITY

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Office of Civic Engagement

University Relations and Public Affairs
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FOR BETTER HEALTH AND WELL-BEING



For Immediate Release:

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NYU AND VILLAGECARE TO HOST “TAKE CHARGE OF YOUR HEALTH TODAY” A FREE COMMUNITY HEALTH FORUM

“Take Charge of your Health Today” will be the focus of a community health forum sponsored by New York University’s Office of Civic Engagement and VillageCare. This forum will feature a panel of distinguished expert professionals who will address important health issues in today’s complex environment and will be moderated by Dr. Max Gomez, the popular CBS Emmy award winning TV medical reporter. The event will take place on Thursday, June 14th from 10 to 12 at the NYU Global Center for Academic and Spiritual Life at 238 Thompson Street, 5th Floor. This is the first free health forum open to the public for the West Village, East Village and Chelsea communities.

Among the key issues to be addressed are:

- Where to get help in setting and maintaining realistic goals for fitness and health
- How to improve communication between patient and health provider and patient and health insurance company
- How to overcome barriers regarding access to your health provider
- What resources are available in the community to help manage chronic illness
- How best to handle and get counsel on age related health issues
- How to be your own best health advocate

Among the distinguished panelists who will participate in addressing these issues as well as questions from the audience are:

- Tara A. Cortes, PhD, RN, FAAN Executive Director; NYU College of Nursing, Hartford Institute for Geriatric Nursing.
- Kenneth Stewart, M. Div., LMSW, Program Director, VillageCare Health Home
- Dr. Jonathan Whiteson, M.D., NYU Langone Medical Center, Rusk Rehabilitation

Community members interested in attending should RSVP to the NYU Office of Civic Engagement at (212) 992-8323. Refreshments and health information materials will be complimentary for attendees.

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