



# CELEBRATE HEALTH!

Fall 2010 Calendar

Register online at [www.WESTMEDGROUP.com](http://www.WESTMEDGROUP.com) or 914.681.3101



# LECTURES & SEMINARS

## Weight Loss Surgery Facts

First Thursday of each month · 6 PM  
2<sup>nd</sup> Floor – Waiting Room  
3020 Westchester Ave., Purchase, NY

**Leonard Maffucci, MD, FACS**  
General & Bariatric Surgery

Are you 75 - 100 pounds overweight? This seminar will offer patients: An overview of procedures, including risks and benefits; The opportunity to talk to the surgeon and peers considering the surgery; A question and answer session; An outline of the next steps in the process.

Cost: **FREE** (Registration Required)

## Maximizing Prostate Health

Monday, September 20 · 6 PM  
3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**Judd Boczek, MD, Bryan Blair, MD, Urology**

Did you know that prostate disease will affect almost every male within his lifetime? Join two of WESTMED's urologists to learn about overall prostate health, prostate cancer, and BPH (enlarged prostate).

Cost: **FREE** (Registration Required)

## Pediatrician Night For New & Prospective Parents

Tuesday, October 5 · 7 PM  
3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**Christina Blanco, MD, Pediatrics**  
**Deborah Scheinthal, MD, Pediatrics**

Tuesday, November 23 · 7 PM  
1<sup>st</sup> Floor Conference Room  
1 Theall Road, Rye, NY

**Vito Sessa, MD, Pediatrics**

Do you have questions about developmental stages, newborn care or feeding and sleeping? Come meet two WESTMED Pediatricians at this question and answer session. Come with any and all questions or concerns you may have regarding your newborn or infant.

Cost: **FREE** (Registration Required)

## Nutrition and Bone Fitness Connection

Monday, October 4 · 6 PM  
1<sup>st</sup> Floor Conference Room  
1 Theall Road, Rye, NY

**Allie Holzer, RD, CDE**

This talk will go over all you need to know about osteoporosis and nutrition. Some of the things you will learn about are: risk factors, prevention steps, recommended calcium and vitamin D, the amount of calcium in common foods, help for the lactose-intolerant, calcium supplements and how to put all this information together!

Cost: **FREE** (Registration Required)

## Women's Issues in Breast Health

Wednesday, October 6 · 6 PM  
1<sup>st</sup> Floor Conference Room  
1 Theall Road, Rye, NY

**Stuart Feldman, MD, Hematology/Oncology**  
**Lynn Josephson, MD, Breast Surgery**  
**Nancy Rhodes, NP, Breast Imaging**

In recognition of Breast Cancer Awareness Month, this panel will focus on a variety of topics including: self breast exams, prevention, screening, an overview of the cancer treatment process, what your options are, and the most current updates in the field.

Cost: **FREE** (Registration Required)

## Join WESTMED's Walk Teams

**AHA's Start! Heart Walk**  
Sunday, October 3 · 9 AM  
Kensico Dam, White Plains, NY

**Making Strides Against Breast Cancer Walk**  
Sunday, October 17 · 9 AM  
Manhattanville College, Purchase, NY

Call 914-681-3101 for more information.

## REGISTRATION INFORMATION:

**To register for WESTMED classes, call 914-681-3101 or visit the events page at [www.WESTMEDGROUP.com](http://www.WESTMEDGROUP.com)**

***Please note: Programs may be canceled due to low registrations.***

## All Eyes on Eye Health

Tuesday, October 12 · 6 PM  
3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY  
**Steven Zabin, MD, Ophthalmology**

Come learn about maintaining overall eye health. Hear what new innovations are currently available to help with eye problems and have your questions answered!

Cost: **FREE** (Registration Required)

## Newborn & Infant Nutrition Basics

Tuesday, October 12 · 6 PM  
1<sup>st</sup> Floor Conference Room  
1 Theall Road, Rye, NY

**Vito Sessa, MD, Pediatrics**  
**Allie Holzer, RD, Nutritionist**

Are you going to be a new parent or already are? Come to this free talk for nutritional advice for newborns and infants. Discussion will include the benefits of breast-feeding, starting solids, how to deal with a picky eater, and preventing obesity in your child.

Cost: **FREE** (Registration Required)

## Diabetes Management

Tuesday, November 2 · 6 PM  
3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**Randy Stein, MD, Endocrinology**  
**Mary Joan Oiko, FNP, CDE, Endocrinology**

Learn about the best ways to successfully manage your diabetes every day.

Cost: **FREE** (Registration Required)

## Word on GERD

Tuesday, November 16 · 6 PM  
3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**Jennifer Kaufman, MD, Gastroenterology**

Do you or someone you know suffer from Gastroesophageal Reflux Disease (GERD)? Are you tired of the uncomfortable feeling? This talk will cover all you need to know about the disease, and how you help prevent it or cope with it.

Cost: **FREE** (Registration Required)



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## COURSES & CLASSES

### All Level Yoga Instruction

Thursdays, September 15 – November 11, 6:30 PM – 7:45 PM  
(No class on October 7)



3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave.  
White Plains, NY

**Stephanie Harding**  
Certified Yoga Instructor

Cost:  
**\$115\* for 8 classes**  
**\$102\* for seniors**  
**\$17 per “drop-in” class**

These yoga classes offer an emphasis on stretching and breathing techniques for optimal development of the body, mind and spirit.

(\*Class fee in non-refundable)

Please wear loose, comfortable clothing.

### How to Quit Smoking for the Very Last Time Smoking Cessation Workshop

**Monday, November 8 · 7 PM – 8:30 PM**

3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**Sara Oppenheim, CHT, Tobacco Cessation Specialist**  
Visiting Nurse Service in Westchester

Are you tired of being a slave to cigarettes? Tired of the health worries and the COST of smoking? Invest in this program and say goodbye to this unhealthy, destructive and expensive behavior for good. This one-night workshop will cover the following topics: choosing a quit date; tools designed to help you succeed; building a plan to support your quit attempt; and interactive exercises designed to help participants realize the importance of quitting.

Cost: **\$35 per participant**

### Prepared Childbirth Classes

**Saturday, September 11 · 9 AM - 5 PM**

**Sunday, September 26 · 10 AM - 5 PM**

**Saturday, October 9 · 9 AM - 5 PM**

**Sunday, October 31 · 10 AM - 5 PM**

**Sunday, November 7 · 10 AM - 5 PM**

**Sunday, November 21 · 10 AM - 5 PM**

3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**Donna Guthartz, RN, BA, Meg Serraro, RNC**

A comprehensive class that covers many topics including labor, delivery of your baby, variations of labor, Cesarean Sections, medications and anesthesia.

Cost: **\$175**

Please contact the instructors to register by calling 1-877-652-4784 or e-mail [Birthclasses@aol.com](mailto:Birthclasses@aol.com)



### 6-Hour Defensive Driving Course

**WHITE PLAINS SESSION:**

**Tuesday, October 26 · 6 PM - 9 PM**

**Wednesday, October 27 · 6 PM - 9 PM**

3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**RYE SESSION:**

**Tuesday, November 16 · 6 PM - 9 PM**

**Wednesday, November 17 · 6 PM - 9 PM**

1<sup>st</sup> Floor Conference Room  
1 Theall Road, Rye, NY

**Mary Ann De Toma, Certified Instructor**

This 6-Hour Defensive Driving Course not only sharpens driving skills, but can also lower insurance premiums and reduce violation points.

**You must attend both days of a session to receive course credit.**

Cost: **\$45 per person**

### Community CPR Course

**Saturday, October 23 · 9 AM - 1 PM**

3<sup>rd</sup> Floor Conference Room  
210 Westchester Ave., White Plains, NY

**Linda Mosiello, RN, Joseph Valletta, DPM**

This community CPR course provides certification in Infant, Child and Adult Life Saving Skills.

Cost: **\$30 – individual; \$50 – couples** (Fee includes facemask)