

**10**  
**1** Nyack Hospital's Breast Health Awareness Event

**SUNDAY, 12 PM–3 PM**

Join us as we celebrate the start of Breast Cancer Awareness Month with a health awareness event featuring a fashion show with breast cancer survivors hosted by actress Karen "Duff" Duffy, music, food tastings and giveaways by the Palisades Center's retailers.

The Palisades Center, 1000 Palisades Center Drive, West Nyack, NY 10994

Free of charge

Registration not required

**10**  
**1** Maternity Center Tours, Sundays

**SUNDAY, 12 PM**

Take a tour of the Maternity Center at Nyack Hospital.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

Free of charge

Registration not necessary

Please call 845.348.2660 the day of to confirm tour

Sundays: 10/8, 10/15, 10/22, 10/28

**10**  
**2** Gilda's Club Breast Cancer Support Group

**MONDAY, 11 AM–12:30 PM**

Facilitated by a Licensed Clinical Social Worker, this group provides emotional support during and after treatment.

The Breast Center at Nyack Hospital, McCormack Conference Room

Free of charge

Registration required

Pre-register by calling Eric Kelly, 914.644.8844

Join us the first Monday of each month

**10**  
**3** Gilda's Club Living with Cancer Support Group

**TUESDAY, 11 AM–12:30 PM**

Facilitated by a Licensed Clinical Social Worker, this group provides emotional support during and after cancer treatment.

The Breast Center at Nyack Hospital, McCormack Conference Room

Free of charge

Registration required

Pre-register by calling Eric Kelly, 914.644.8844

Tuesdays: 10/10, 10/17, 10/24, 10/31

**10**  
**4** Maternity Center Tours, Wednesdays

**WEDNESDAY, 8 PM**

Take a tour of the Maternity Center at Nyack Hospital.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

Free of charge

Registration required

Please call 845.348.2660 the day of to confirm tour

Wednesdays: 10/11, 10/18, 10/25

**10**  
**3** Free Weight Loss Seminar

**TUESDAY, 5:30 PM–6:30 PM**

Join Dr. Dominic Artuso for a seminar on surgical weight loss options for individuals who need to lose weight for medical reasons or who have not been successful with other methods of weight loss.

Nyack Hospital, Cafeteria Conference Room

Free of charge

Registration requested

For registration and details, call 845.348.3041

Join us the first Tuesday of each month

**10**  
**4** Cancer Survivors Support Group

**WEDNESDAY, 11 AM–12:30 PM**

Feel support and encouragement from this group while learning techniques to cope with life after cancer in a safe, supportive environment.

The Breast Center at Nyack Hospital, McCormack Conference Room

Free of charge

Registration requested

Call Cynthia Duncan, LMSW, 845.348.2984 to register

Join us the first Wednesday of each month

**10**  
**4** Yoga for Cancer Patients

**WEDNESDAY, 6 PM–7 PM**

Hosted by Nyack Hospital and provided by Kula for Karma, this program is taught by Certified Yoga Instructors and focuses on stress reduction and relaxation.

Nyack Hospital, Cafeteria Conference Room

Free of charge

Registration required

For registration and details, Klara Kovacs 845.348.8592 | [kovacs@nyackhospital.org](mailto:kovacs@nyackhospital.org)


Wednesdays: 10/11, 10/18, 10/25

**10**  
**5** **Diabetes Support Group, Day**


**THURSDAY, 10 AM–11 AM**

This group provides support and education to individuals affected by diabetes.

 Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required


 For registration and details, call 845.348.2004


**10**  
**5** **Yoga for Multiple Sclerosis Patients**


**THURSDAY, 6 PM–7 PM**


Hosted by Nyack Hospital and provided by Kula for Karma, this program is taught by Certified Yoga Instructors and focuses on stress reduction and relaxation.

 Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required


 For registration and details, call 845.348.8880


 Thursdays: 10/12, 10/19, 10/26

**10**  
**5** **Lose to Win Support Group**

**THURSDAY, 6 PM–7 PM**

This weight loss support group meets monthly to weigh in and provide continued support and education in the journey towards weight loss or maintenance.

 Nyack Hospital, Administrative Conference Room (ACR), 1st floor

 Free of charge

 Registration not necessary


 For additional information, call 845.348.2004

**10**  
**7** **Food Addicts in Recovery Anonymous, Inc.**

**SATURDAY, 8:30 AM–10 AM**


This is a twelve step program for people suffering from problems with food. FA has helped people recover from obesity, bulimia, and various obsessions with food for decades.

 Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration not necessary


 For additional information, call Susan at 845.371.2751


 Saturdays: 10/14, 10/21, 10/28

**10**  
**8** **Blow Away Cancer 5K Run/Walk**

**SUNDAY, 9 AM–11 AM**

Proceeds from this 3.5 mile run/walk will support the programs, services and equipment needs of The Breast Center at Nyack Hospital.

 On and around the grounds of Nyack Hospital

 \$20 youths (18 years old and under), \$25 adults


 Registration is required by 10/5/17, [register online here](#)


 For additional information, call 845.348.2770 or email [foundation@nyackhospital.org](mailto:foundation@nyackhospital.org)

**10**  
**10** **Diabetes Prevention Program**

**TUESDAY, 3 PM–4 PM**

The National Diabetes Program is a proven way to prevent or delay diabetes in people who have prediabetes or are at high risk for Type 2 diabetes. Our lifestyle coach will help you set goals to achieve modest weight loss by eating well and being active.

 Nyack Hospital, Diabetes Education Classroom

 Fee processed through insurance

 Registration required

 For additional information, call 845.348.2004


 Program runs for 16 weeks


**10**  
**12** **Diabetes Support Group, Day**


**THURSDAY, 10 AM–11 AM**

This group provides support and education to individuals affected by diabetes.

 Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required


 For registration and details, call 845.348.2004

### 10/18 Breastfeeding Basics

WEDNESDAY, 7 PM–9 PM

Learn about the benefits and basics of breastfeeding, including nutrition, storage, pumping, positioning, and use of breastfeeding equipment.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$50 per couple


 Registration required [download form here](#)


 For additional information, call 845.348.2639


### 10/19 Diabetes Support Group, Evening


THURSDAY, 6 PM–7 PM

This group provides support and education to individuals affected by diabetes.

 Nyack Hospital, Administrative Conference Room (ACR), 1st floor

 Free of charge

 Registration required


 For registration and details, call 845.348.2004

### 10/23 Infant CPR

MONDAY, 3 PM–5 PM

Two-hour course teaches how to perform CPR on children newborn to 12 months old.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$50 per couple

 Registration required [download form here](#)


 For additional information, call 845.348.2639

### 10/24 Traditional Lamaze Course


TUESDAY, 7 PM–9 PM


This six week course prepares expectant parents for the labor and delivery process. Topics include relaxation, breathing, and coaching techniques. Participants will also tour the Maternity Center.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$175 per couple

 Registration required [download form here](#)

 845.348.2639 for additional information


 Tuesdays: 10/31, 11/7, 11/14, 11/21, 11/28

### 10/25 New Moms Circle


WEDNESDAY, 11:30 AM–1 PM

Bring your child, ages 0–18 months and join a supportive and respectful group discussion led by a registered nurse and lactation consultant on various newborn and infant topics. Spanish speakers are welcome.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 Free of charge

 Registration required, call or [register online](#)


 For additional information, call 845.358.3370 x228


### 10/25 Infant Care and Nutrition Class


WEDNESDAY, 6:30 PM–9 PM

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$65 per couple


 Registration required [download form here](#)


 For registration and details, call 845.348.2639

### 10/27 Free Cancer Screenings


FRIDAY, 8 AM–3:30 PM

The Breast Center at Nyack Hospital is offering free clinical breast exams, mammography and, if needed, pelvic exams with PAP tests, for uninsured or underinsured women, age 40 and over.

 The Breast Center at Nyack Hospital, first floor

 Free of charge for uninsured or underinsured women, age 40 and over.

 Registration requested, walk-ins are welcome.


 For additional information, call 845.348.8551, for Spanish-speaking assistance, call 845.348.8582


### 10/28 Weekend Accelerated Lamaze Series


SATURDAY 10 AM–4 PM

This class is ideal for the couple with limited time to attend childbirth classes. Class will cover relaxation and breathing methods, coaching techniques, and a tour of Nyack Hospital's Maternity Center.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$175 per couple

 Registration required [download form here](#)

 For additional information, call 845.348.2639

 Day two of class is Sunday, 10/29, 9 AM–3 PM