

LiveSmart WELLNESS INITIATIVES

March: Focus on Cardio Vascular Health

Free Blood Pressure, Cholesterol & Glucose Screening on Campus
Thursday, March 8 and Tuesday, March 27. By Appointment Only.

To register [click here](#) or register online at www.nyu.edu/hr

High blood pressure, cholesterol, and impaired glucose tolerance are easily diagnosed conditions, which, if left untreated, can contribute to major health problems and even death. Heart disease is America's number one killer and diabetes is reaching epidemic levels. Since most people don't know they have a problem until stricken, don't let yourself become a statistic. Sign up for convenient on-site tests to learn more about your health status. You will receive your results during your session and no personal information will be retained. A health educator will be available to answer any questions you may have.

Heart to Heart with Dr. James A Underberg

Friday, March 30, 12-1 p.m. Location: Kimmel Center, Room 909

Call the new LiveSmart reservation line at (212) 998-3600 to register

How do cholesterol, high blood pressure, and stress contribute to coronary artery disease? What about genetics? Each of these factors can have a tremendous effect on your heart's health.

Dr. Underberg is a Clinical Assistant Professor of Medicine in the Division of General Internal Medicine at NYU. A renown specialist in Cholesterol, Hypertension, Womens' Cardiovascular Health and Preventive Cardiovascular Medicine, Dr. Underberg will discuss current treatment strategies, how to calculate your personal risk for having a cardiac event, and what important steps you can take to reduce your chances of developing cardiovascular disease.

Getting Ahead: How to Reduce Debt and Build Wealth

Wednesday, March 21, 12-1 p.m. Location: Kimmel Center, Room 909

Call the new LiveSmart reservation line at (212) 998-3600 to register

The stress caused by money worries can lead to emotional, psychological, and even physical problems, including coronary artery disease. This seminar is designed for employees who are looking for ideas to help them control credit and manage debt, so they can stop stressing out and get more control over their finances. Conducted by Yolanda Waters, CFP™, a certified financial planner with Vanguard's Institutional Financial Planning Services Group.

Home Ownership 101 (2-session program)

Wednesday, March 7 and 14, 12-1 p.m. Location: Kimmel Center, Room 905

Call the new LiveSmart reservation line at (212) 998-3600 to register

Session 1 (March 7): Understanding Mortgages

Securing a loan is an essential step toward the purchase of a home, coop, or condo. This session is designed to provide a foundation to help consumers find the "right" loan for them. Learn about the different types of loans, the financial assessment and information you will need for the approval process, as well as the anticipated timelines.

Session 2 (March 14): Buying Your First Home, Co-op, or Condo

Geared to help you buy a home in or outside of NYC, this session provides techniques, strategies, and cautions for finding the best fit for your dollars. Participants learn valuable information to make "smart" home buying decisions in today's crazy market place.

Instructor: Wendy Tilton, MS, PhD, Director of Training & Customer Support of TREND. In addition, she serves as an Adjunct Associate Professor at The Real Estate Institute, NYU-SCPS.

Healthy Eating on the Run

Thursday, March 15, 12-1 p.m. Location: Kimmel Center, Room 909

Call the new LiveSmart reservation line at (212) 998-3600 to register

A follow-up to February's *Nutrition from A to Z*, this session helps participants understand how to make healthful choices when dining out and eating "on the run." Learn restaurant survival skills, where to eat, menu jargon and behavior modification tips. Meal suggestions and appropriate portion sizes for meals and snacks will be discussed.

Instructor: Alison Topilow, M.S., R.D., C.D.N is a private practice nutritionist in New York City.

Eating for a Healthy Heart

Thursday, March 29, 12-1 p.m. Location: Kimmel Center, Room 909

Call the new LiveSmart reservation line at (212) 998-3600 to register

Why be concerned about eating for a healthy heart? Learn how to get started with planning a diet, and how diet can help lower or maintain health cholesterol levels. This session will include information about food shopping, cooking and dining for a healthy heart.

Instructor: Lisa Sasson, Registered Dietitian, Clinical Assistant professor in the Department of Nutrition Food Studies and Public Health at NYU.

Weight Watchers® at Work

Thursday, March 1, 8, 15, 22, 29 12-1 p.m. Location: NYU Student Health Center, 3rd Floor

This 17-week program continues through March. New members are welcome to join at any time and the non-refundable participant fee will be pro-rated (Fee for the complete 17-week series is \$196).

Chair Yoga

Friday, March 2, 12-1 p.m. Location: Kimmel Room 903

Learn how to manage daily stress and bring relaxation into the workplace. The instructor teaches yoga positions appropriate for the office, leads a brief meditation session, and shares breathing practices that can make us alert and relaxed. Dress in comfortable clothing. Conducted by On-Site Fitness, Inc.

→ Participation is limited to 25.

Power Bodyworks

Friday, March 9, 12-1 p.m. Location: Coles Sports and Recreation Center, 181 Mercer Street

Call the new LiveSmart reservation line at (212) 998-3600 to register

Experience a combination of dance exercises, movements, and rhythms designed to improve muscle tone and increase cardiovascular fitness and flexibility. Wear comfortable clothing and sneakers.

→ Participation is limited to 25.

Tai Chi

Thursday, March 22, 12-1 p.m. Location: Kimmel Center, Room 912

Call the new LiveSmart reservation line at (212) 998-3600 to register

Learn how Tai Chi, an ancient Chinese movement art that engages body, mind and spirit, can help calm and focus the mind, tone muscles, improve circulation and relieve stress. Conducted by On-Site Fitness, Inc.

→ Participation is limited to 30.

Tension Breaker® On-Site Massage

NOTE CHANGE: Wednesday, March 28, 1 – 5 p.m. Location: Kimmel Center, Room 901

By Appointment Only. Call the new LiveSmart reservation line at (212) 998-3600 to register

Tension Breaker massage uses gentle manipulation to release muscular tension and increase circulation. Employees sit on a specially designed chair that allows the therapist to focus on the neck, shoulders, back, arms, and hands. No oils are used. At the end of the session the employee can expect to feel less tension and a greater ability to concentrate. 15 minutes: \$20; 20 minutes: \$25; 30 minutes: \$35; 40 minutes: \$45.
