



1&7

Interactive Learning Sessions

Sessions will focus on diabetes prevention and self-management; one-on-one counseling; and more

Dates: Tuesday, November 1 and Monday, November 7

Time: Noon – 2 pm

Location: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Guggenheim Pavilion – 1st Floor

2

COMMUNITY HEALTH TALKS

Yes, You Can! Keep You and Your Teens Smoke-Free

Facilitator: Cardinale Smith, MD

Date: Wednesday, November 2

Time: 5:30 – 7 pm

Location: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Guggenheim Pavilion
Hatch Auditorium, 2nd Floor
Refreshment served. Call 212-659-5546

Community Board No. 10 – Manhattan What Causes Kidney Disease?

Speaker: Kirk Campbell, MD

Date: Wednesday, November 2

Time: 6 pm

Location: Touro College of
Osteopathic Medicine Harlem
230 West 125th Street
(Entrance on 124th Street)
For more information, call 212-731-7888

8

Diabetes Screening and Counseling

Free glucose screening; one-on-one counseling; diabetes self-management plan; and more

Date: Tuesday, November 8

Time: Noon – 2 pm

Location: Mount Sinai Center
for Advanced Medicine
17 East 102nd Street, 1st Floor

10

Diabetes-Friendly Thanksgiving Tips

Learn to cook a healthy diabetes-friendly Thanksgiving dinner by Mount Sinai's Executive Chef George Russo.

Date: Thursday, November 10

Time: 6 – 8 pm

Location: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Guggenheim Pavilion – 1st Floor
Registration required. Call 212-241-7836

14

World Diabetes Day

Healthy cooking demo; new options for fun healthy exercise, free glucose screening; one-on-one counseling; and more

Date: Monday, November 14

Time: Noon – 3 pm

Location: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Guggenheim Pavilion – 1st Floor

15

COMMUNITY HEALTH TALK Turning Back the Clock on Diabetes and Pre-Diabetes

Speakers: Ronald Tamler, MD, PhD,
and Brett Ives, NP, CDE

Date: Tuesday, November 15

Time: 6:30 - 8 pm

Location: 92nd Street Y
1395 Lexington Avenue
Call 212-415-5500

16

Sight for Life Photo Exhibit: "Vision loss from diabetes—it's never too late to save your sight."

View photographs and meet the artists from Vision Voice – a community-based project that seeks to raise awareness on vision loss and diabetes in Harlem and the South Bronx.

Date: Wednesday, November 16

Time: 4 - 5:30 pm

Location: Association to Benefit
Children at ECHO Park
1841 Park Avenue @ 126th Street
Call 212-824-7698 or
email brett.ives@mountsinai.org

Co-sponsored by: The Mount Sinai Diabetes Center; IMPACT Community Diabetes Center; and Association to Benefit Children at ECHO Park

17

Community Roundtable Lunch & Lecture: Prostate Cancer

Speaker: Michael Diefenbach, MD

Date: Thursday, November 17

Time: Noon – 2 pm

Location: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Annenberg Building
Board Room – 5th Floor
Lunch served.
Registration required. Call 212-731-7888

22

Community Board No. 11 - Manhattan Diabetes in our Neighborhood

Speaker: Ronald Tamler, MD, PhD

Date: Tuesday, November 22

Time: 6:30 pm

Location: Hunter College,
Silberman School of Social Work
2180 3rd Avenue @ East 119th Street
For more information, call 212-731-7888

The Mount Sinai Diabetes Center

- **General information**
212-241-7429
- **Medical consultation**
212-241-7975
- **Free diabetes classes**
212-241-3422

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH