



## FOR IMMEDIATE RELEASE

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### **Long Island Health Collaborative Tackles Chronic Disease with New Event Series Sponsored by AARP New York**

The Long Island Health Collaborative is tackling chronic disease through a new virtual health dialogue series, *Talk with a Doc*. Sponsored by AARP New York, *Talk with a Doc* is a series of free virtual Zoom events, held every other Thursday at 11 AM throughout May, June, and July 2022. The first webinar is Wednesday, May 4. The virtual series will culminate in August with two *Walk with a Doc* physician-lead community walks, one at Jones Beach (Saturday, August 13 at 11 AM) and one at Belmont Lake State Park (Saturday, August 6 at 11 AM). You must register to reserve your spots for both talks and walks.

According to the New York State Department of Health, chronic diseases such as asthma, cancer, diabetes, health disease, and stroke are the leading causes of disability and death in the United States. These conditions account for seven of every ten deaths and affect 90 million Americans. The good news is that these diseases are preventable through a healthy lifestyle, with simple lifestyle choices, such as regular physical activity and a balanced diet.

Join the LIHC for this eye-opening series sponsored by AARP that will equip attendees with the knowledge needed to combat chronic disease in their own lives.

#### **Talk with a Doc**

Talk with a Doc: Health Benefits of Walking (and Walking the Dog)  
Wednesday, May 4 at 11 a.m.

Dr. Maria Basile, President of the Suffolk County Medical Society, will talk about how walking remains one of the best forms of exercise and research shows that owning a dog increases the likelihood of sticking to a walking regimen.

Register here: <https://aarp.cventevents.com/TalkDocHealthBenefitsWalking>

Talk with a Doc: Diabetes  
Wednesday, May 18 at 11 a.m.

Primary care Dr. Keasha Guerrier of Northwell Health, explains easy steps you can take to better manage your diabetes or even prevent its onset.

Register here: <https://aarp.cventevents.com/TalkwithDiabetes>

Talk with a Doc: Alzheimer's and Dementia  
Wednesday, June 1 at 11 a.m.

Neuropsychologist Dr. Christopher Christodoulou of Stony Brook Medicine's Center of Excellence for Alzheimer's Disease will discuss the newest treatments for these neurological conditions.

Register here: <https://aarp.cventevents.com/TalkDocAlzheimerDementia>

Talk with a Doc: Heart Disease and High Blood Pressure  
Wednesday, June 15 at 11 a.m.

Cardiologist Dr. Louise Spadaro of Catholic Health will talk about simple ways to keep your blood pressure under control and your heart healthy.

Register here: <https://aarp.cventevents.com/TalkHeartDiseaseHighBloodPres>

Talk with a Doc: Arthritis and Osteoporosis  
Wednesday, June 29 at 11 a.m.

Join Dr. Stelios Koutsoumbelis, an orthopedic spinal surgeon, of Catholic Health to learn more about the advancements in orthopedic care and what simple measures you can take in your daily life to keep your joints



nimble and bones strong.

Register here: <https://aarp.cventevents.com/talkDocArthritisOsteoporosis>

Talk with a Doc: Breathe! Asthma, Bronchitis, and COPD

Wednesday, July 13 at 11 a.m.

Dr. Robert Schreiber of Catholic Health, who specializes in critical care medicine and pulmonary disease, will talk about how you can learn to breathe easier and the emerging science behind environmental factors that affect the pulmonary system.

Register here: <https://aarp.cventevents.com/AsthmaBronchitisCOPD>

### **Walk with a Doc**

Walk with a Doc: Belmont Lake (in-person event)

Saturday, August 6 at 11 a.m.

Join Dr. Keasha Guerrier of Northwell Health at Suffolk County's Belmont Lake State Park.

Register here: <https://aarp.cventevents.com/WalkSafewithDoc>

Walk with a Doc: Jones Beach (in-person event)

Saturday, August 13 at 11 a.m.

Join Dr. Stelios Koutsoumbelis of Mount Sinai South Nassau Hospital at Nassau County's Jones Beach State Park.

Register here: <https://aarp.cventevents.com/NassauCountyWalkSafewithDoc>

For more information, contact Brooke Oliveri, Manager of the Long Island Health Collaborative at

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