



**hfma** metropolitan new york chapter  
healthcare financial management association

**KNOWLEDGE IS POWER**

**HEALTH**  
**& Wellness**  
— EVENT —

**Thursday, December 7, 2017**

**THIS EVENT IS FREE FOR MEMBERS & NON-MEMBERS**

**Registration: 6:00 PM**

**Program: 6:30 PM to 9:00 PM**

**La Parma Restaurant**

**707 Willis Avenue**

**Williston Park, NY 11596**

**516-294-6610**

**HOSTED BY:**

**HFMA Metro NY Chapter**  
*as part of our*  
*Knowledge is Power Series*

General Education Committee &  
Community Outreach Committee

**SPACE IS LIMITED TO**  
**THE FIRST 60 REGISTRANTS**  
**CASH BAR ONLY**

Where **Passion** Meets **Purpose**

[www.hfmametrony.org](http://www.hfmametrony.org)

6:00 pm— 6:30 pm **Registration**

6:30 pm— 6:45 pm **Welcome and Opening Remarks**

Knowledge is Power HFMA Team

6:45 pm— 7:45 pm **Heart Health**

**Speaker: Dr. Meyer H. Abittan, MD**

**Vice Chairman of Cardiology, St. Francis Hospital**

Dr. Abittan will discuss the latest topics surrounding Heart Health Issues affecting our community.

7:45 pm— 8:45 pm **Nutritionist: A Clinical Perspective Discussion**

**Speaker: Stephanie Di Figlia-Peck, MS, RD, CDN, CDE**

**Nutrition Coordinator Pediatric Service Line Northwell Health;**

**Program Nutritionist POWER Kids Weight Management Program Northwell Health**

In depth review and discussion of Adult and Adolescent Weight Management, Nutrition and Portion Control with Q & A. Stephanie will explore current trends in adult and adolescent obesity and the strategies for combating this issue of epidemic proportion. Is portion size to blame? What are the factors to consider and the path that can be taken to positively impact future nutritional health and well-being?

8:45 pm— 9:00 pm **Trainer — Fitness and Well Being**

**Speaker: Leanne Neville**

**Fitness Expert, Pilates and Barre Instructor, Personal Trainer and Group Fitness Instructor**

With 27 years as a fitness professional, Leanne has 14 professional certifications as well as a Master's Degree in Education. She has a vast understanding of injury prevention, post rehab corrective exercise, flexibility training and full body transformation. Leanne will discuss the importance of fitness and exercise and how it is never too late to start. She will break down the components of fitness with the most optimal exercise routines, fitness do's and don'ts, debunking exercise myths, and offer advice on how to live "pain free" later on in life.

**Please email questions in advance to the Program Coordinators**

Catherine Ekblom	Betz Mitchell Associates	cekblom@betzmitchell.com
Maryann Regan	NYU Winthrop	mjregan@nyuwinthrop.com
Sean Smith	CHSLI	Sean.smith@chsli.org
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Mario Di Figlia, CHFP	Northwell Health	mdifiglia@northwell.edu
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**SPACE IS LIMITED SO PLEASE REGISTER EARLY**

**ONLINE REGISTRATION NOW AVAILABLE:**

<http://www.hfma.org/Content.aspx?id=56417>

**YOU CAN ALSO FAX REGISTRATION FORM TO: 708-531-0665, ATTN: MSC**

**To ensure space, please register by 12/4/17. Faxes received after this date will NOT be processed and attendance CANNOT be guaranteed. Please note this event is limited to 60 attendees!**

\_\_\_\_\_  
**Full Name**

FHMA/CHFP  
(CIRCLE IF APPLICABLE)

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**HFMA Member ID number (required to receive proper seminar fee)**

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\_\_\_\_\_  
**E-mail (confirmation are sent by e-mail for **online registrants ONLY**)**

Should you have any questions please contact **Diane McCarthy**, VP of Education @ [dimccart@ehs.org](mailto:dimccart@ehs.org) or (516) 349-4643.

**Any and all registrations will be considered a guarantee of payment.**

**No refunds or credits will be given on registrations accepted and later canceled or for failure to attend session.**