



**Sunday
May 23rd
2010
Pennsylvania
Hotel
NYC**

10:30 a.m. Howard Newman - Jokesercise

Medical science is now providing some evidence that laughter is indeed the best medicine. You can take it any time you want. You can't overdose. According to the study at the University of Maryland Medical Center laughter may help protect you against a heart attack.

11:15 a.m. Alex Moroz, M.D. Assistant Professor of Rehabilitation Medicine Rusk Institute of Rehabilitation Medicine

Dr. Moroz who is leading the Musculoskeletal Program at Rusk Institute will discuss integrating medical, rehabilitation, and wellness services, individually combined to achieve our goal of providing the best possible care for each patient we treat. Dr. Moroz will touch on the importance of motivation and adherence to treatment, and discuss traditional medical treatments (medications, injections), rehabilitation interventions (bracing, exercise, physical modalities), and integrative techniques (acupuncture, meditation, bodywork) for optimal results.

12 noon Dr. Fred Vagnini, medical director of The Cardiovascular Wellness Centers of New York, author of many research papers and articles on cardiovascular and heart disease, preventive medicine, weight loss, and the role of nutrition in heart health and healing.

Live a longer, healthier and more active life by preventing and controlling diabetes, weight gain and taking advantage of advances in modern medicine. Dr. V is the foremost authority on anti-aging through his books and radio programs. His latest book is: *The Weight Loss Plan for Beating Diabetes*.

1:00 p.m. Susan London, LMSW, QDCP - Alzheimers Foundation of America

Topic will focus on what baby boomers can do if they notice signs of dementia in their loved ones, as well as what to be aware of if they start noticing symptoms in themselves. I will also be reviewing areas of successful aging and how baby boomers can promote their own well being and longevity.

1:45 pm Magic - Steve Rodman

Steve Rodman has performed his bewitching magic across the U.S., on cruise ships, in Atlantic City, and in Las Vegas. Internationally, Steve has enthralled audiences in Hong Kong, Canada, the Caribbean, Bermuda, Cuba, and Japan. Don't blink, or you will miss beautiful snow white doves appear and disappear. Steve combines his bewitching magic with comedy for a completely entertaining variety show.

2:30 p.m. - Patti Page - Patti Page is one of America's true musical icons. In the course of her seven-decade recording career, she has become a living legend by selling more than 100 million records, making her one of the biggest selling female recording artists in history.

GG Levine - 3:15 p.m. - Nationals Boards of Pharmacy

Buying Medicine Online: What You Need to Know Most Web sites selling prescription medicines are not licensed legitimate pharmacies which poses a threat to patient safety. This presentation will raise awareness on what to look for and avoid when buying medications online. Patients will learn the importance of a bona-fide patient-doctor relationship, the dangers of purchasing medicine online from unknown sources, and how to report suspicious Web sites

Jokesercise - 4 p.m. - End your day the way it began with fun and exercise with Howard Newman.