



Can the new menu lower blood pressure?

Join a health study to find out!

Who Can Join?

- 60 years or older
- Eat 4 or more meals a week at **Luncheon Club**
- You have been eating here for more than 3 months

What is involved?

- **Free** Blood pressure and pulse checks
- Surveys (we can help you read them)
- 3-4 classes (nutrition, blood pressure checks etc.)
- Training and your own Blood Pressure Monitor!
- **Cash and Raffles!**

Call 212-423-9665 (extension 445)!

Open to English & Spanish speakers!

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

1393 York Avenue
New York, NY 10021
Carterburdennetwork.org

212-737-2720
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



¿Puede el nuevo menú bajar la presión arterial?

!Participe en un estudio de salud para descubrirlo!

¿Quién puede participar?

- 60 años o más
- Come 4 o más comidas a la semana en **Luncheon Club**
- Ha estado comiendo aquí por más de 3 meses

¿Qué está involucrado?

- Chequeos de presión arterial y pulso **gratuitos**
- Encuestas (podemos ayudarle a leerlas)
- 3-4 Clases (nutrición, como medir la presión etc.)
- !Entrenamiento y su propio monitor de presión arterial!
- **¡Dinero en efectivo y rifas!**

¡Llame 212-423-9665 (extensión 445)!

¡Para Hablantes de Español y Ingles!

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

1393 York Avenue
New York, NY 10021
Carterburdennetwork.org

212-737-2720
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



Can the new menu lower blood pressure?

Join a health study to find out!

Who Can Join?

- 60 years or older
- Eat 4 or more meals a week at **Covello**
- You have been eating here for more than 3 months

What is involved?

- **Free** Blood pressure and pulse checks
- Surveys (we can help you read them)
- 3-4 classes (nutrition, blood pressure checks etc.)
- Training and your own Blood Pressure Monitor!
- **Cash and Raffles!**

Call 212-423-9665 (extension 445)!

Open to English & Spanish speakers!

CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



¿Puede el nuevo menú bajar la presión arterial?

!Participe en un estudio de salud para descubrirlo!

¿Quién puede participar?

- 60 años o más
- Come 4 o más comidas a la semana en **Covello**
- Ha estado comiendo aquí por más de 3 meses

¿Qué está involucrado?

- Chequeos de presión arterial y pulso **gratuitos**
- Encuestas (podemos ayudarle a leerlas)
- 3-4 Clases (nutrición, como medir la presión etc.)
- !Entrenamiento y su propio monitor de presión arterial!
- **¡Dinero en efectivo y rifas!**

¡Llame 212-423-9665 (extensión 445)!

¡Para Hablantes de Español y Ingles!

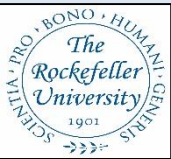
CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



DASH for Overall Good Health

Learn about the Dietary Approaches to Stop Hypertension (DASH)
Nutrition Plan that has inspired the upcoming new menu

Presented by The Rockefeller University Bionutrition Core

**This event is open to participants of the
Healthy Eating: Healthy Heart ♥ and all members of Covello**

Raffle & Refreshments !

Monday, December 9, 2019

1:00 PM – 2:00 PM

**Leonard Covello Senior Center- 1st Floor , Multi-Purpose Room
English and Spanish**

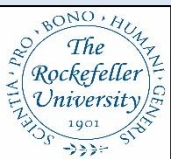
CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



DASH Para Una Buena Salud General

Conozca el Plan de Nutrición Enfoques Dietéticos para Parar la Hipertensión (DASH) que ha inspirado el próximo nuevo menú

Presentado por el Grupo de Bionutrición de The Rockefeller University

Este evento es para los participantes de Alimentación Saludable: Corazón Saludable ♥ y todos los miembros de Covello

¡Rifa y Refrescos!

Lunes, 9 de Diciembre 2019

1:00 PM – 2:00 PM

Leonard Covello Senior Center- 1^{er} Piso , Sala Multipropósito
Español y Ingles

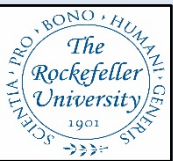
CARTER BURDEN/ LEONARD COVELLO SENIOR CENTER

312 East 109 Street
New York, NY 10029
Carterburdennetwork.org

212-423-9665
Open: Mon – Fri, 8 AM – 4 PM
Sat – Sun, 9 AM- 4 PM

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



How Do I Manage My Blood Pressure?

Learn the who, where, when, and how to control your blood pressure

Presented by William Pagano, MD, MPH

This event is open to participants of the Healthy Eating: Healthy Heart ♥ and all members of Covello

Raffle & Refreshments !

Thursday, October 3, 2019

10:30 AM – 11:30 AM

Leonard Covello Senior Center- 1st Floor , Multi-Purpose Room
English and Spanish

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

351 East 74 Street
New York, NY 10021
Carterburdennetwork.org

212-535-5235
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



¿Cómo Manejo Mi Presión Arterial?

Aprenda quién, dónde, cuándo, y cómo controlar su presión arterial

Presentado por William Pagano, MD, MPH

Este evento es para los participantes de Alimentación Saludable: Corazón Saludable ♥ y todos los miembros de Covello

¡Rifa y Refrescos!

Jueves, 3 de Octubre 2019

10:30 AM – 11:30 AM

Leonard Covello Senior Center- 1^{er} Piso , Sala Multipropósito
Español y Ingles

CARTER BURDEN/ LUNCHEON CLUB & SENIOR PROGRAM

351 East 74 Street
New York, NY 10021
Carterburdennetwork.org

212-535-5235
Open: Mon – Fri, 9 AM – 5 PM
Sat – Sun, Closed

cbn carter
burden
network
leading the way in aging services

Partially funded by the NYC Department for the Aging



Healthy Eating at Covello

Help us welcome the new menu and learn how to eat healthier

Wednesday , August 28, 2019

Covello - 1st floor

10:30 AM - Nutrition Workshop

- * What is the DASH eating plan
- * Tasting sample from the new menu

Raffles * Give aways * Information



Healthy Eating at Covello

Help us welcome the new menu and learn how to eat healthier

Wednesday , August 28, 2019

Covello - 1st floor

1:00 PM – **Healthy eating with little money**

- Nutritional Facts about food in the local grocery store
 - Social Services Presentation
- Presentation from the Supplemental Nutritional Assistance Program (SNAP)

Raffles * Give aways * Information