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Upper East Side, NY | Local Event

Free HSS Webinar: Midlife Changes, Metabolism, Bone, and Joint Health (Zoom)

NOV
10

HSS Community Education, Neighbor



Event Details

Tue, Nov 10, 2026 at 6:30 PM

Add to calendar

More info here

Changes during midlife can have a significant impact on metabolism, bone health, and

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physiological changes associated with aging may affect musculoskeletal health and what you can do to support strength, mobility, and overall well-being.

Participants will learn about:

- Hormonal and physiological changes that occur during midlife
- How aging can influence metabolism, bone health, and joint function
- Evidence-based strategies to help maintain strength and mobility
- Practical tips to support long-term health and physical function

Panelists:

- Elaine Cong, MD, Endocrinologist
- Sherry Kohn, NP, Nurse Practitioner
- Elizabeth Nguyen, MD, Physiatrist

Date: November 10

Format: Virtual (Zoom)

Register today: https://communityed.hss.edu/en/custom-registration-from?utm_campaign=Patch_Webinars

This program is designed to provide general health information and does not offer individual medical advice.

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More Upcoming Events

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Featured

An Evening with Deni Elliott

SEP 30

7:00 PM

Prospector Theater, 25 Prospect St, Ridgefield, CT



Join us for a special evening with Guiding Eyes graduate and author Deni Elliott. The event will begin with welcoming remarks...

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KMA Fall Fête

OCT 2

5:00 PM

Katonah Museum of Art, 134 Jay St, Katonah, NY



Share

Demystifying Medicare & Healthcare Coverage for Seniors

OCT 3

8:00 AM

Lewisboro Library, 15 Main St, South Salem, NY



Share

3 For 1 Fall Orienteering Meet

OCT 3

10:00 AM

Westmoreland Sanctuary, 260 Chestnut Ridge Rd, Mt Kisco, NY



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Featured

The Bard At Bristow - An Immersive Stroll

OCT 4

11:00 AM

New Canaan, CT



Overview Immerse yourself in William Shakespeare's timeless tales on a scenic stroll through Bristow Bird Sanctuary....

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Featured

Open House - PreK-12

OCT 4

1:00 PM

King School, 1450 Newfield Ave, Stamford, CT



Join us for our Open House on Sunday, October 4 from 1:00-3:00 p.m. Discover the power of a King education firsthand. Learn...

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Improve Your Posture with an HSS Online Program

OCT 7

11:00 AM

Upper East Side, NY



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