

- April 6, 2:00 p.m.: **Music, Grief, Healing, and Celebration**, with Sylvia Foldes-Berman and Dr. Lauren Azalea Hanna, facilitators; Musicians from the New York Philharmonic and Harlem-based cultural partners to be announced
- June 8, 2:00 p.m.: **Music, Mindfulness, and the Community**, with Dr. Juan A. Gallego, Nadia Flutie, and Eden Medina, facilitators; Musicians from the New York Philharmonic and Harlem-based cultural partners to be announced

“We recognize that we must create meaningful partnerships in order to address the health and healthcare disparities in our communities as well as the social conditions that contribute to them,” said Dr. Debbie Salas-Lopez, MD, MPH, Northwell Health’s Senior Vice President of Community and Population Health. “During the many months of the pandemic, Northwell Health met with community and faith leaders in neighborhoods devastated by COVID, like Harlem, to learn more about what the community wanted to prioritize for their future health and wellness. Mental health was at the top of the list.”

The Reverend Dr. Malcolm J. Byrd, Senior Pastor at Mother AME Zion Church, said: “What does it look like when a church, a famous performing arts group, and a healthcare organization come together? Music has always had transformative qualities, and the New York Philharmonic wants to see what benefit it can be to our community. Northwell Health has been with us since the early days of COVID, not just for tests and vaccinations. It’s my hope that this series will bring to the people of Harlem inspiration and edification, for people who’ve been torn down all week.”

Gary A. Padmore, the NY Phil’s Vice President, Education and Community Engagement, The Sue B. Mercy Chair, said: “The New York Philharmonic is committed to supporting the urgent needs of our community while celebrating this city’s rich cultural tapestry. Both needs will be fulfilled by moving *Take a Breath* to Harlem, and by developing the programming in partnership with Northwell Health, a valued health institution, and Mother Zion, which has been a spiritual and cultural beacon for the community for over a century.”

Facilitators

Mitchell Cornet, MPP, MHSA; Nadia Flutie; Sylvia Foldes-Berman, MS, LCAT, MT-BC; Dr. Juan A. Gallego, MD, MS; Dr. Lauren Azalea Hanna, MD; Dr. Dawnette Lewis, MD, MPH; Eden Medina, MS, LCAT-P, MT-BC; Shannique Richards; Dr. Maria Francesca Roccisano; Kristin Sharkey

Northwell Health is New York State’s largest healthcare provider and private employer, with 21 hospitals, about 900 outpatient facilities, and more than 12,000 affiliated physicians. Northwell cares for over two million people annually in the New York City metro area and beyond, thanks to philanthropic support from its communities. Its 85,000 employees — 18,900 nurses and 4,900 employed doctors, including members of Northwell Health Physician Partners — are working to change healthcare for the better. Northwell is making breakthroughs in medicine at the Feinstein Institutes for Medical Research and training the next generation of medical professionals at the visionary Donald and Barbara Zucker School of Medicine at Hofstra/Northwell and the Hofstra Northwell School of Nursing and Physician Assistant Studies.

Mother AME Zion Church is recognized as the oldest Black church in New York State. Founded in 1796 and chartered in 1799, the church introduced Black religious expression while catering to a growing population of Black abolitionists. After affiliate Zion churches started to open, the original church began to distinguish itself as the “Mother” church. Mother Zion served as a stop along the Underground Railroad, and was referred to as a “Freedom Church” for its active participation in Black social activism. The present Neo-Gothic church, completed in 1925, was a haven for Black artists and intellectuals during the Harlem Renaissance and an amphitheater for civil rights activism during the 1950s and ’60s. During the COVID-19 pandemic the church continued serving the community with Sunday services on YouTube. Since welcoming back its members in person in 2022, Mother Zion continues to engage with the community through social media and outreach abroad.

ALL PROGRAMS SUBJECT TO CHANGE

All *Take a Breath* workshops are free, and registration is not required. For more details, visit nyphil.org/takeabreath.

Information about New York Philharmonic performances and presentations can be found online at nyphil.org. Customer Relations office: (212) 875-5656, 10:00 a.m. to 6:00 p.m. Monday through Friday; 1:00 p.m. to 6:00 p.m. Saturday; and noon to 5:00 p.m. Sunday.

For press tickets, contact Lanore Carr at (212) 875-5714 or carrl@nyphil.org.

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