

LEARN TO LIVE HEALTHIER

# Mar.



LUNCH & LECTURE

**Wednesday, March 15**

**11:30 AM-1:00 PM**

**Know & Control Your Blood Pressure**

Andreas Cosmatos, MD

Registration Required. Call 1-800-Your-MDS

*Crescent Towers*

*Community Room*

*23-22 30th Road, Long Island City*

**Mount Sinai** The Mount Sinai  
Hospital  
of Queens

A Division of The Mount Sinai Hospital

INFORMATION

**9 CHOLESTEROL SCREENING**  
**Thursday, 9:30 AM-NOON**  
**Do You Know Your Cholesterol?**

Nicole Abenes, NP

By Appointment Only. Call 1-800-Your-MDS

*Mount Sinai Hospital of Queens*

*Patient Resource Room, 1st Floor*

*25-10 30th Avenue, Long Island City*

**15 LUNCH & LECTURE SERIES**  
**Wednesday, 11:30 AM-1:00 PM**  
**Know & Control Your Blood Pressure**

Andreas Cosmatos, MD

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*Crescent Towers*

*Community Room*

*23-22 30th Road, Long Island City*

**21 PODIATRY LECTURE**  
**Tuesday, 10:00 AM-11:00 AM**  
**Taking Care Of Your Feet:**  
**Foot Screening & Education**

(English/Spanish Presentation)

*Raices Senior Center*

*21-21 30th Drive, Long Island City*

**23 NUTRITION LECTURE**  
**Thursday, 10:30 AM-NOON**  
**Diabetes Prevention & Your Diet**

Jennifer Taveras, RD

Registration Required. Call 1-800-Your-MDS

*Peter J. Dellamonica Senior Center*

*23-56 Broadway, Long Island City*

**23 SOCIAL WORK MONTH**  
**Thursday, 11:00 AM-3:00 PM**  
**What You Should Know**  
**About Social Services At**  
**Mount Sinai Hospital Of Queens**

Presented by the Social Work Staff

*Mount Sinai Hospital of Queens*

*Patient Resource Room, 1st Floor*

*25-10 30th Avenue, Long Island City*

**29 BREAST CANCER SCREENING**  
**Wednesday, 2:00 PM-6:00 PM**  
**Breast Cancer Screening &**  
**Education**

George Tsioulis, MD, PhD

Director of Surgical Oncology

Co-sponsored with

Queens Breast Health Partnership

with support from SHAREing & CAREing

By Appointment Only. Call 1-718-274-0365

No Charge to Patient

*Mount Sinai Hospital of Queens*

*Senior Health Center*

*27-15 30th Avenue, Long Island City*

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

**INFORMATION & RESERVATIONS: 1-800-YOUR-MDS**