

LEARN TO LIVE HEALTHIER

July



STORYTELLING HOUR
Kids' Reading Club
Thursdays, July 20 through August 10
Session 1: 11:00 AM
Session 2: 2:00 PM
Every child will receive a complimentary book
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Family Health Associates
31-60 21st Avenue, Long Island City

Mount Sinai The Mount Sinai
Hospital
of Queens

A Division of The Mount Sinai Hospital

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

11 **YOGA INSTRUCTION**
Tuesday, 11:00 AM-NOON
Summer Yoga for the Fabulous 50s & Beyond
Marisa Bonafanti, Yoga Instructor
Registration Required. Call 1-800-Your-MDS
Crescent Tower
23-22 30th Road, Long Island City

13 **COOKING DEMONSTRATION**
Thursday, 3:00 PM-4:00 PM
Preparing Light Summer Meals
Thomas Stone, Chef
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Administration Annex Building, 4th Floor
23-34 30th Avenue, Long Island City

18 **YOGA INSTRUCTION**
Tuesday, 11:00 AM-NOON
Summer Yoga for the Fabulous 50s & Beyond
Marisa Bonafanti, Yoga Instructor
Registration Required. Call 1-800-Your-MDS
Crescent Tower
23-22 30th Road, Long Island City

20 **PODIATRY LECTURE**
Thursday, 11:00 AM-NOON
Put Your Foot Down & Walk Comfortably Once Again
Registration Required. Call 1-800-Your-MDS
Samaritan Village/Woodside Senior Center
5037 Newtown Road, Woodside

21 **SKIN HEALTH SCREENING**
Friday, 3:00 PM-5:00 PM
Play It Smart with the Sun: Protect Your Skin & Keep It Young!
Robert Tankel, MD
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Senior Health Center
27-15 30th Avenue, Long Island City

26 **BREAST CANCER SCREENING**
Wednesday, 3:00 PM-6:00 PM
Breast Cancer Screening & Education
George Tsioulas, MD, Director Surgical Oncology
Co-sponsored with Queens Breast Health Partnership
with support from SHAREing & CAREing
By Appointment Only. Call 1-718-274-0365
Mount Sinai Hospital of Queens
Senior Health Center
27-15 30th Avenue, Long Island City

27 **ARTHRITIS LECTURE**
Thursday, 11:00 AM-NOON
Stop the Pain!
Marco Bustamante, MD
Registration Required. Call 1-800-Your-MDS
Raices Senior Health Center
21-21 30th Drive, Long Island City

www.mshq.org