

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



The Mount Sinai
Hospital
of Queens

A Division of The Mount Sinai Hospital

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

YOGA INSTRUCTION

11 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

COOKING DEMONSTRATION

13 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

YOGA INSTRUCTION

18 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

PODIATRY LECTURE

19 Wednesday, 10:00 AM-11:00 AM
**Put Your Foot Down &
Walk Comfortably Once Again**

Peter J. Dellamonica, Jr. Senior Center
23-56 Broadway, Long Island City

BREAST CANCER SCREENING

26 Wednesday, 3:00 PM-6:00 PM
Breast Cancer Screening & Education

George Tsioulis, 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

ARTHRITIS LECTURE

27 Thursday, 11:00 AM-NOON
Stop the Pain!

Marco Bustamante, MD
Raices Senior Health Center
21-21 30th Drive, Long Island City

SKIN HEALTH SCREENING

28 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

www.mshq.org