

LEARN TO LIVE HEALTHIER

# Aug.



HEALTHY AGING SERIES  
**Carpal Tunnel &  
Other Repetitive Injuries**  
Thursday, August 10  
11:30 AM—12:15 PM  
Richard Gilbert, MD  
Registration Required. Call 1-800-Your-MDS  
*Mount Sinai Hospital of Queens  
Patient Resource Room, 1st Floor  
25-10 30th 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

- 1 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*

COMMUNITY SAFETY LECTURE

- 1 Tuesday, 5:00 PM-8:00 PM**  
**National Night Out Against Crime**  
Complimentary Blood Pressure Screening,  
Health Education & More  
*War-Memorial  
Astoria Park South  
Shore Boulevard, Astoria*

YOGA INSTRUCTION

- 8 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  
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LUNCH & LECTURE SERIES

- 15 Tuesday, 11:30 AM-1:00 PM**  
**Recognizing Chest Pains**  
Pedro Kourtesis, MD  
Registration Required. Call 1-800-Your-MDS  
*Crescent Tower  
23-22 30th Road, Long Island City*

EMERGENCY PREPAREDNESS

- 17 Thursday, 2:00 PM-3:00 PM**  
**How To Prepare For An ER Visit**  
Curtis Newell, RN  
Registration Required. Call 1-800-Your-MDS  
*Self Help Community Services  
33-34 Crescent Street, Building #1, Long Island City*

BREAST CANCER SCREENING

- 23 Wednesday, 3:00 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 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)