

LEARN TO LIVE HEALTHIER

Jan.



YOGA INSTRUCTION

Yoga For The Fabulous 50's & Beyond

Starts Tuesday, January 16
Meets Every Tuesday, 11:00 AM—NOON

Marisa Bonafanti, Instructor
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

 The Mount Sinai
Hospital
of Queens

A Division of The Mount Sinai Hospital

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

PLANNING AHEAD

16 Tuesday, 9:00 AM-3:00 PM*
**Questions About Health Care Proxy?
Assistance Available**

***Also January 22, 23, 29 & 30**

Antonio Checo, LCSW

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

Senior Health Center

27-15 30th Avenue, Long Island City

EMERGENCY PREPAREDNESS

18 Thursday, 11:00 AM-NOON
**Visiting An Emergency Department:
How To Prepare, What To Expect**

Asif Muhammed, MD

Registration Required. Call 1-800-Your-MDS

Archbishop Iakovos Senior Center

32-06 21st Street, Long Island City

MEDICATION LECTURE

23 Tuesday, 11:00 AM-NOON
**How Herbal Supplements &
Prescriptions Interact**

Elizabeth Reynolds, MD

Ravenswood Senior Center

34-35A 12th Street, Long Island City

LUNCH & LECTURE SERIES

24 Wednesday, 11:30 AM-1:00 PM
**Managing Back Pain with Surgery:
Indications & Expectations**

Chun Siang Chen, MD

Registration Required. Call 1-800-Your-MDS

Crescent Tower, Community Room

23-22 30th Road, Long Island City

RADIOLOGY LECTURE

25 Thursday, 11:00 AM-NOON
**Especially For Smokers:
Early Detection Of Lung Cancer
With Low Dose Spiral CT Scans**

Stacey Peterson, MD

Mount Sinai Hospital of Queens

Patient Resource Room, 1st Floor

25-10 30th Avenue, Long Island City

WOMEN'S HEALTH SCREENINGS

27 Saturday, 10:00 AM-1:00 PM
**Cervical Cancer Screening,
Bone Density, Breast Cancer
Screening & Education**

Florentia Christodoulidou, MD

Registration Required. Call 1-800-Your-MDS

Mount Sinai Hospital of Queens

Family Health Associates

31-60 21st Street, Long Island City

www.mshq.org