

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

**Mount Sinai** 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](http://www.mshq.org)