

LEARN TO LIVE HEALTHIER

Feb.



LUNCH & LECTURE SERIES
Urinary Incontinence:
You Don't Have To Go
Through It
Thursday, February 22
11:30 AM—1:00 PM

Robert E. Granato, MD
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

WEAR RED LUNCHEON
2 Friday, 12:30 PM-2:00 PM
The Heart Truth For Women

Sergio Sokol, MD
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

MEN'S HEALTH LECTURE
7 Wednesday, 8:00 PM-10:00 PM
Most Common Men's Health Problems:
What You Should Know

Andreas Cosmatos, MD
Registration Required. Call 1-800-Your-MDS
Greek American Homeowners Association
23-49 31st Street, Long Island City

HEALTHY AGING SERIES
13 Tuesday, 10:30 AM-11:30 AM
Promoting Muscle Strength &
Flexibility Through Movements

Rosa Collel-Olucha
Director, Rehabilitation Medicine
JVL-Dimotsis-Vallone
Senior Center
29-19 24th Avenue, Long Island City

BREAST CANCER SCREENING
28 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

& RESERVATIONS: 1-800-YOUR-MDS