

LEARN TO LIVE HEALTHIER

March



JOIN US!
Caregiver Support Group
Meets Every Monday In March
10:00 AM-11:00 AM
 Registration Required. Call 718-267-4273
Mount Sinai Hospital of Queens
25-10 30th Avenue, Long Island City

Mount Sinai The Mount Sinai
 Hospital
 of Queens

A Division of The Mount Sinai Hospital

INFORMATION

- 7** **CHOLESTEROL SCREENING**
Wednesday, 9:30 AM-NOON
Live Healthier: Learn How To Lower Your Cholesterol
 Nicole Abenes, NP
 By Appointment Only. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Patient Resource Room, 1st Floor
25-10 30th Avenue, Long Island City
- 15** **COLORECTAL CANCER SCREENING**
Thursday, 7:00 PM-8:00 PM
Colon Cancer Screening & Education
Don't Delay—Get Tested Today
 Free cancer screening kits for men and women over 50
 Co-sponsored by Mount Sinai Hospital of Queens and Queens Healthy Living Partnership
 Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City
- 20** **COOKING DEMONSTRATION**
Tuesday, 3:00 PM-4:00 PM
Cooking Demonstration: Preparing Healthy Meals For Healthy Weight Loss
 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
- 21** **STROKE RISK ASSESSMENT**
Wednesday, 11:00 AM-NOON
Stroke Prevention & Recognition: When To Call 911
 Michelle Garcia-Rybkin, MD
 Registration Required. Call 1-800-Your-MDS
Goodwill Industries
4-21 27th Avenue, Long Island City
- 22** **NUTRITION LECTURE**
Thursday, 1:00 PM-2:00 PM
Power Foods That Boost Your Memory
 Jennifer Taveras, RD
Sunnyside Community Services
43-31 39th Street, Sunnyside
- 29** **BREAST CANCER SCREENING**
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