

LEARN TO LIVE HEALTHIER

# April



## FOOT HEALTH AWARENESS WEEK

### Complimentary Foot Screening

**Thursday, April 26**

**11:00 AM-2:00 PM**

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**

#### CAREGIVER SUPPORT

**16 Monday, 10:30 AM-11:30 AM**

#### **A Delicate Balance: Taking Care Of The Caregiver**

Adena Kaplan, SWI

Registration Required. Call 1-800-Your-MDS

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#### CHOLESTEROL SCREENING

**17 Tuesday, 9:30 AM-NOON**

#### **Cholesterol Check & Mini-Talk: Have You Checked Your Numbers Lately?**

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

*Mount Sinai Hospital of Queens*

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#### REHABILITATION LECTURE

**19 Thursday, 11:00 AM-NOON**

#### **Better Balance: Not Every Stumble Has To Become A Fall**

#### **Decreasing Falls For Older Adults**

Yelena Harpez, PT

*Raices Astoria Senior Center*

*21-12 30th Road, Long Island City*

#### BREAST CANCER SCREENING

**25 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*

#### **YOGA FOR THE FABULOUS 50'S & BEYOND!**

Starts Tuesday, May 1 • 6 Week Program

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*

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