

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

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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

www.mshq.org

1-800-YOUR-MDS