

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

www.mshq.org

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
Mount Sinai Hospital of Queens
Patient Resource Room, 1st Floor
25-10 30th Avenue, Long Island City

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
Patient Resource Room, 1st Floor
25-10 30th Avenue, Long Island City

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