

Get Healthy Queens!™

Yoga For The Fabulous 50's & Beyond

4 Week Program • Starts Tuesday, July 10
Every Tuesday, 11:00 AM-NOON
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City



Regular Health Screenings Can Prevent Serious Diseases

An important part of preventive care, health screening tests can help ensure that common, serious diseases are detected early and treated. Based on factors such as age, health history and lifestyle, you and your doctor should determine a routine screening schedule. Here are some general guidelines to follow:*

High Cholesterol—Have your cholesterol checked regularly starting at age 35.

High Blood Pressure—Have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher.

Diabetes—Have a test for diabetes if you have high blood pressure or high cholesterol.

Obesity—Have your body mass index (BMI) calculated.

Osteoporosis—Women should have a bone density beginning at age 65.

Colorectal Cancer—Have a test for colorectal cancer starting at age 50.

Breast Cancer—Women should have a mammogram every one to two years starting at age 40.

Prostate Cancer—Men should have a prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) each year starting at age 50.

Cervical Cancer—Women should have a pap smear every one to three years between ages 21 and 65.

*These tips do not substitute for the advice of a health care professional.
Source: U.S. Preventive Services Task Force, U.S. Department of Health and Human Services.

JULY Health & Wellness Events

17 Tuesday, Starts 10:00 AM
**Managing Stress with
Mind, Body & Spirit**
Marisa Bonfanti, Instructor
Registration Required. Call 1-800-Your-MDS
JVL-Dimotsis-Vallone Senior Center
29-19 24th Avenue, Astoria

19 Thursday, 10:30 AM-11:30 AM
**The Nutritional Way to a
Healthier You**
Allison Caplowaith, RD
Peter J. Dellamonica, Jr. Senior Center
23-56 Broadway, Long Island City

25 Wednesday, 3:00 PM-6:00 PM
Breast Cancer Screening & Education
George Tsioulis, MD, PhD
Co-sponsored with
Queens Breast Health Partnership
with support from SHAREing & CAREing
By Appointment Only. Call 1-800-Your-MDS
No charge to eligible patients
Mount Sinai Hospital of Queens
Senior Health Center
27-15 30th Avenue, Long Island City

26 Thursday, 12:30 PM-1:30 PM
**Health Care Proxy:
The Decision is Yours**
Lillian Espinoza, LCSW
Registration Required. Call 1-800-Your-MDS
HANAC-Archbishop Iakovos Senior Center
32-06 21st Street, Astoria

27 Friday, 3:00 PM-5:00 PM
Free Skin Cancer Screening
Robert Tankel, MD
Space is limited
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens, Senior Health Center
27-15 30th Avenue, Long Island City

Kid's Reading Club

Starts Thursday, July 12 • Ends August 9
Session 1: 11:00 AM • Session 2: 2:00 PM
Storytelling for Children
Every child will receive a complimentary book
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Family Health Associates
31-60 21st Street, Long Island City

Mount Sinai The Mount Sinai
Hospital
of Queens

A Division of The Mount Sinai Hospital

FOR A PHYSICIAN REFERRAL, CALL 1.800.YOUR.MDS OR VISIT WWW.MSHQ.ORG