

Get Healthy Queens!™



Back to School Health & Safety Tips

As the new school year begins, parents and guardians need to take some steps to safeguard their child's health. Here are some key items to help you and your child prepare for a healthy, happy start to the school year.

Physicals—Make sure your child has had a back-to-school physical and all vaccinations are up to date. A vision test and dental check-up is also recommended.

Smart Eating—Help your child eat more healthily. What you pack in your child's lunch box, or what they eat at school, can influence his/her appetite for learning.

Good Night's Sleep—Don't wait to establish a solid bedtime routine. Studies show that children who are not well-rested have difficulty concentrating and remembering what they have learned.

Backpack Safety—Choose a backpack with wide, padded shoulder straps and a padded back. Pack light and always use both shoulder straps.

School Bus Safety—Review basic safety rules with your child, including: wait for the bus to stop before approaching it from the curb; don't move around on the bus; check that no other traffic is coming before crossing; and make sure to remain in clear view of the driver.

TV, Video Games and Computer Use—Set limits on the amount of TV your child watches and the time spent playing video games or Instant Messaging.

SEPTEMBER Health & Wellness Events

12 Wednesday, 9:30 AM-NOON
Cholesterol Measurement & Pre-Diabetic Metabolic Screening
 Karlene Lawrence, RN
 Space is limited
 Registration Required. Call 1-800-Your-MDS
 Mount Sinai Hospital of Queens
 Patient Resource Room, 1st Floor
 25-10 30th Avenue, Long Island City

18 Tuesday, 10:30 AM-11:30 AM
Heart Health: A Proactive Approach
 Nicoleta Papapadopoulo, RD
 Registration Required. Call 1-800-Your-MDS
 Catherine Sheridan Senior Center
 35-24 83rd Street, Jackson Heights

19 Wednesday, 4:00 PM-5:00 PM
Prepare for Surgery & Heal Faster
 Karen Massero, RN
 Registration Required. Call 1-800-Your-MDS
 Mount Sinai Hospital of Queens
 Patient Resource Room, 1st Floor
 25-10 30th Avenue, Long Island City

26 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 718-274-0365
 No charge to eligible patients
 Mount Sinai Hospital of Queens
 Senior Health Center
 27-15 30th Avenue, Long Island City

27 Thursday, 11:30 AM-1:00 PM
Dealing with Chronic Pain
 Ari Learner, MD
 Registration Required. Call 1-800-Your-MDS
 Lunch will be served. Space is limited
 Crescent Tower, Community Room
 23-22 30th Road, Long Island City

Yoga For The Fabulous 50's & Beyond

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



A Division of The Mount Sinai Hospital

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