

Get Healthy Queens!™



October is Breast Cancer Awareness Month

Breast Cancer Surgery: A Unique Approach

Thursday, October 25 • 11:00 AM-1:00 PM
 Panagiotis Manolas, MD
 Lunch will be served
 Registration Required. Call 1-800-Your-MDS
 Crescent Tower, Community Room
 23-22 30th Road, Long Island City

Protect Against the Flu: Get Vaccinated

The best way to protect against the flu is to get vaccinated each year. October and November is the best time to get the flu vaccine. Anyone who wants to reduce their chances of getting the flu can get vaccinated. However, the vaccine is recommended for people at high risk of having serious flu complications—including children 6 months to 5 years, pregnant women, people 50 years of age and older, people of any age with certain chronic medical conditions, and people living in long term care facilities. Caregivers and healthcare workers should also get vaccinated.

Workplace Wellness of Mount Sinai Hospital of Queens is pleased to partner with Duane Reade to offer the flu vaccine during the month of October from 10 a.m. to 2 p.m. at the following locations:

Tuesday, October 23—107-16 Continental Avenue, Forest Hills

Tuesday, October 23—116-02 Beach Channel Drive, Rockaway Park

Wednesday, October 24—198-15 Horace Harding Expressway, Fresh Meadows

Thursday, October 25—95-11 63rd Drive, Rego Park

Friday, October 26—24-28 Bell Boulevard, Bayside

The cost for the vaccine is \$25, but there is no charge to Medicare beneficiaries. Family Health Associates (718-932-2110) and the Senior Health Center of Mount Sinai Hospital of Queens (718-932-0007) are also offering the flu vaccine.

OCTOBER Health & Wellness Events

2 Starts Tuesday, 11:00 AM-NOON
Yoga For The Fabulous 50's & Beyond
 Marisa Bonfanti, Instructor
 6 Week Program • Meets Every Tuesday
 Registration Required. Call 1-800-Your-MDS
 Crescent Tower, Community Room
 23-22 30th Road, Long Island City

16 Tuesday, 10:00 AM-11:00 AM
Get Rx Savvy
 Phillip Manning, PharmD
 No Registration Required.
 Ravenswood Senior Center
 34-35 12th Street, Long Island City

17 Wednesday, 1:30 PM
Geriatric Medicine: Enhancing Your Quality Of Life
 Elizabeth Reynolds, MD
 Queensview Norc
 33-64 21st Street, Long Island City

23 Tuesday, 7:00 PM
Dinner With The Doctor: For Snorers Only
 Surinder Malhotra, MD
 Space is limited
 Registration Required. Call 1-800-Your-MDS
 Crescent Tower, Community Room
 23-22 30th Road, Long Island City

26 Friday, 11:00 AM-NOON
Minimally Invasive Gallbladder Surgery
 Rodrigo Sequeira, MD
 Bilingual—English & Spanish Lecture
 Registration Required. Call 1-800-Your-MDS
 Raices Senior Center
 21-21 30th Drive, Long Island City

31 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 Queens Physician Associates
 27-15 30th Avenue, Long Island City



A Division of The Mount Sinai Hospital

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