

# 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