

Learn to Love Your Heart

One in three women will get heart disease. By learning to love your heart, you can reduce your risk for heart disease. Start today with these 5 simple ways to love your heart:

- Celebrate every birthday with a check-up
- Get off the couch and step, march or jog in place for 30 minutes most days
- Quit smoking
- Drop a pound or two
- Limit your salt intake to about a teaspoon per day

Mount Sinai Hospital of Queens is pleased to join the American Heart Association in the Go Red campaign to bring recognition to women and heart disease. Please join us for a special luncheon and presentation by Sergio Sokol, MD on the prevention, diagnosis and treatment of women with cardiovascular disease... and remember to WEAR RED!

GO RED LUNCHEON:

Take Charge of Your Heart!

Tuesday, February 26 • NOON

Crescent Tower, Community Room

23-22 30th Road, Long Island City

Lunch will be served

Registration Required. Call 1-800-Your-MDS



The Mount Sinai
Hospital
of Queens

A Division of The Mount Sinai Hospital

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FOR A REFERRAL TO A CARDIOLOGIST CALL 1.800.YOUR MDS OR VISIT WWW.MSHQ.ORG