



APRIL

MOUNT SINAI QUEENS CALENDAR OF HEALTH & WELLNESS EVENTS

1 Monday-Friday, 8:30 AM-3:00 PM
Complimentary Mammogram Screening
 Co-sponsored with The Louis and Rachel Rudin Foundation
 Ongoing Program • April Through December
 By Appointment Only. Call 718-274-0644
*Mount Sinai Hospital of Queens
 Patient Resource Room, 1st Floor
 25-10 30th Avenue, Long Island City*

8 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*

12 Saturday, 10:00 AM-2:00 PM
Healthy Kids Day
*Long Island City YMCA
 32-23 Queens Boulevard, Long Island City*

16 Wednesday, 10:30 AM-11:30 AM
**High Heels To Hightops:
 Preventing & Treating Foot Pain**
 Wayne Axman, MD
 (English-Spanish Lecture)
 Registration Required. Call 1-800-Your-MDS
*Raices Senior Center
 21-21 31st Drive, Long Island City*

23 Wednesday, 10:30 AM-11:30 AM
Stop Stroke Before It Stops You
 Matthew Churchill, MD
 Registration Required. Call 1-800-Your-MDS
*HANAC-Archbishop Iakovos Senior Center
 32-06 21st Street, Astoria*

30 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*

Healthy Kids Day SATURDAY, April 12

10:00 AM-2:00 PM
 Join us for a day of fun,
 fitness, nutrition and games
 for children of all ages!
*Long Island City YMCA
 32-23 Queens Boulevard
 Long Island City*



THE COMFORT OF COMMUNITY. THE CONFIDENCE OF MOUNT SINAI.

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