

# MAY



## MOUNT SINAI QUEENS CALENDAR OF HEALTH & WELLNESS EVENTS

**9 Friday, 10:00 AM-11:00 AM**  
**The Savvy Caregiver: Communicating Effectively With Healthcare Professionals**  
 Linda Rodman, NP  
 Registration Required. Call 1-800-Your-MDS  
*Ravenswood Senior Center*  
 34-35 12th Street, Long Island City

**13 Tuesday, 11:30 AM-1:00 PM**  
**Cardiovascular Disease: Risk Factors & Prevention**  
 Sameet Palkhiwala, MD  
 Lunch will be served  
 Registration Required. Call 1-800-Your-MDS  
*Crescent Tower, Community Room*  
 23-22 30th Road, Long Island City

**21 Wednesday, SESSION 1: 3:00 PM**  
**SESSION 2: 4:00 PM**  
**Stroke Awareness & Blood Pressure Screening**  
 Co-sponsored by Visiting Nurse Service of New York  
 Registration Required. Call 1-800-Your-MDS  
*Mount Sinai Hospital of Queens*  
 Patient Resource Room, 1st Floor  
 25-10 30th Avenue, Long Island City

**27 Tuesday, 1:00 PM-2:00 PM**  
**Lower Your Risk Of Cervical Cancer**  
 Ord Sarabanchong, MD  
 Refreshments will be served  
 Registration Required. Call 1-800-Your-MDS  
*Mount Sinai Hospital of Queens*  
 Patient Resource Room, 1st Floor  
 25-10 30th Avenue, Long Island City

**28 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

### Stroke Awareness & Blood Pressure Screening

**WEDNESDAY, May 21**

**SESSION 1: 3:00 PM**

**SESSION 2: 4:00 PM**

May is Stroke Awareness Month.

Learn how to prevent stroke and recognize the signs.

*Mount Sinai Hospital of Queens*

*Patient Resource Room, 1st Floor*

*21-10 30th Avenue, Long Island City*



The Mount Sinai  
Hospital  
of Queens

THE COMFORT OF COMMUNITY. THE CONFIDENCE OF MOUNT SINAI.

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