

JULY



MOUNT SINAI QUEENS CALENDAR OF HEALTH & WELLNESS EVENTS

7 Monday-Friday, 9:30 AM-3:00 PM
Complimentary Mammogram Screening
Sponsored by The Louis and Rachel Rudin Foundation
Ongoing Program • July Through December
By Appointment Only. Call 718-274-0644
Mount Sinai Queens
25-10 30th Avenue, Long Island City

8 Tuesday, 10:00 AM-11:00 AM
Stopping Cholesterol & Hypertension In Their Tracks
David Duffy, MD
Registration Required. Call 1-800-Your-MDS
Presbyterian Senior Services
52-09 99th Street, Corona

15 Tuesday, 11:00 AM-NOON
Yoga For The Fabulous 50s & Beyond
Marisa Bonfanti, Yoga 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

23 Wednesday, 11:30 AM-1:00 PM
The Nutritional Way To A Healthier You
Corinna Ferrandino, MD
Lunch will be served
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

23 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

**STORYTELLING
Kids Reading Club
THURSDAYS
July 10-August 7
SESSION 1 11:00 AM
SESSION 2 2:00 PM**
Registered Required.
Call 1-800-Your-MDS
31-60 21st Street, 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