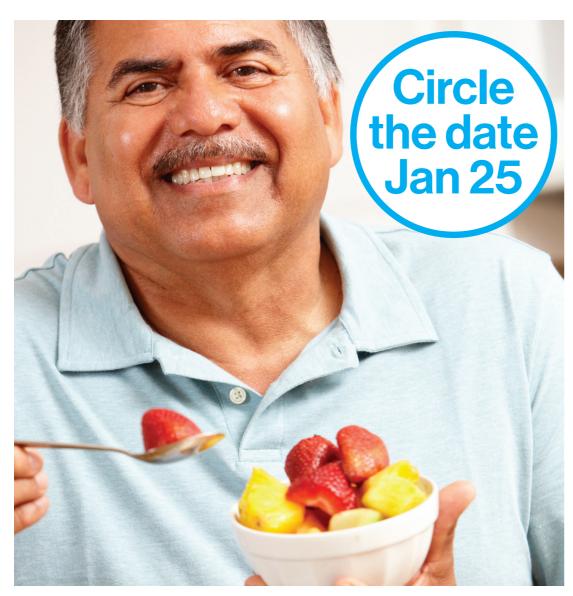


January 2017 Free Health & Wellness Events

To register and for more information on events and presenters, **click an event below**. Call 800-YOUR-MDS (800-968-7637) for additional information.





Wed

Tues

Gentle Yoga 11 am & 12 noon

Gentle Yoga 11 am & 12 noon

Gentle Yoga 11 am & 12 noon

Blood Pressure Screenings 10:30 am - 12 noon

Blood Pressure Screenings 9-11am

Breast Health Screening and

Education 5-7pm

JOIN OUR EMAIL LIST

Want to receive email notifications for upcoming events and/or important health information? Sign up at www.mshq.org/ about-us/join-our-email-list

Thurs

Back on Track in the New Year 5:30 pm

For a physician referral or to make an appointment call 718-808-7777 or visit mountsinai.org/MSQAppt

Back on Track in the New Year

New Year's resolutions are notoriously hard to keep, so don't despair if you already feel behind by week two. No one's perfect! Instead, try making healthier eating choices day by day. Every meal is an opportunity for a clean slate. Our nutritionist wants to help you make healthy choices without giving up foods you love!

Mount Sinai Queens Pavilion, 2520 30th Avenue, 4th Floor Conference Room, Astoria, 11102