

Celebrating
20
YEARS
1999 - 2019



MARCH 2020

Free Health & Wellness Events

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

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Circle the date
Mar 19
6:30 pm



Reduce Your Risk of Colon Cancer

It's National Colorectal Cancer Month and we take that very seriously. Colon cancer affects about 140,000 Americans each year and more than 50,000 die from it. Colorectal cancer tests are designed to find precancerous polyps. Some polyps can turn into cancer so early detection is key. Learn about colon cancer screening and when and where to get tested.

Broadway Library, 40-20 Broadway, Long Island City, NY 11103

Mon	Tues	Wed	Thurs
<p>2</p> <p>Grupo de apoyo en Español para personas con derrame cerebral 1 - 2 pm</p>	<p>3</p> <p>Gentle Yoga 11:30 am</p>	<p>4</p> <p>Stroke Care at Mount Sinai Queens 7 pm</p>	<p>11</p> <p>12</p> <p>Weight Loss Surgery Works 6 pm</p>
<p>9</p> <p>Gentle Yoga 11:30 am</p>	<p>10</p> <p>Gentle Yoga 11:30 am</p>	<p>17</p> <p>Gentle Yoga 11:30 am</p>	<p>18</p> <p>Lupus Support Group 6 - 8 pm</p>
<p>16</p> <p>Gentle Yoga 11:30 am</p>	<p>24</p> <p>Gentle Yoga 11:30 am</p>	<p>25</p> <p>Breast Health Screening and Education 5 - 7 pm</p>	<p>19</p> <p>Colon Cancer Awareness & Screening: Reduce Your Risk of Colon Cancer 6:30 pm</p>
<p>23</p> <p>Gentle Yoga 11:30 am</p>	<p>31</p> <p>Gentle Yoga 11:30 am</p>	<p>26</p> <p>Ways You're Hurting Your Eyes & Tips for Saving Them 5 pm</p>	<p>For a physician referral or to make an appointment call 718-808-7777 or visit mountsinai.org/MSQAppt</p>