

Celebrating  
**20**  
YEARS  
1999 - 2019



# FEBRUARY 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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## Go Red For Women

Go Red for Women is designed to increase women's heart health awareness and serve as a spark for change to improve the lives of women globally. It's no longer just about wearing red or sharing heart health facts. It's about all women making a commitment to stand together with Go Red to take charge of their heart health and the health of their loved ones.

Join us to find out more and learn how to improve your heart health.  
Wear red and take part in our contest for the best red outfit!

Mount Sinai Queens, Pavilion Lobby, 2520 30th Avenue, Astoria, 11102



**Mon**

3

Grupo de apoyo en Español para personas con derrame cerebral  
1 - 2 pm

**Tues**

4

Gentle Yoga  
11:30 am

11

Gentle Yoga  
11:30 am

**Wed**

18

Gentle Yoga  
11:30 am

25

Gentle Yoga  
11:30 am

19

Breast Health Screening and Education  
5 - 7 pm

Lupus Support Group  
6 - 8 pm

**Fri**

7

Go Red for Women at Mount Sinai Queens  
11 am - 2 pm

**Thurs**

13

Weight Loss Surgery Works  
6 pm

For a physician referral or to make an appointment call **718-808-7777** or visit [mountsinai.org/MSQAppt](https://mountsinai.org/MSQAppt)