



Mount  
Sinai  
Queens

# December 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.

Circle  
the date  
Dec 7



## The Basics of Advance Planning

In this patient-centered seminar we will provide guidance to help you understand the complexities of legal documents such as a “health care proxy” and advance care wishes. Our clinicians will be available to assist in the completion of a health care proxy and answer any questions.

George T. Douris Tower, Hanac Harmony Center, 1st Floor  
27-40 Hoyt Avenue South, Astoria 11102

Tues	Wed	Thurs
5 Gentle Yoga 11 am & 12 noon	6 Blood Pressure Screenings 9 – 10 am 10:15 – 11 am	7 The Basics of Advance Planning 11 am
12 Gentle Yoga 11 am & 12 noon	13 Blood Pressure Screenings 10:30 am – 12 noon	14 The Basics of Advance Planning (Spanish Presentation) 11 am
19 Gentle Yoga 11 am & 12 noon	20 Breast Health Screening and Education 5 – 7 pm	For a physician referral or to make an appointment call <b>718-808-7777</b> or visit <b>mountsinai.org/MSQAppt</b>

### JOIN OUR EMAIL LIST

Want to receive email notifications for upcoming events and/or important health information?

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