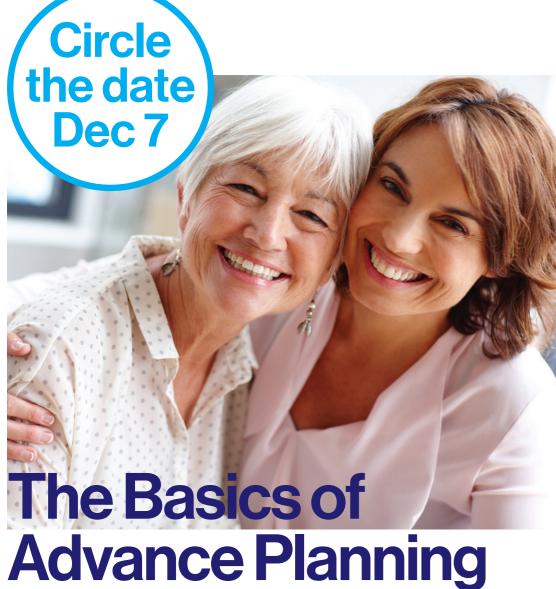


## December 2017 Free Health & Wellness Events

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



Tues	S	Wed	Thurs
	5	6	7
Gentle Yoga 11 am & 12 noon		Blood Pressure Screenings 9 – 10 am 10:15 – 11 am	The Basics of Advance Planning 11 am
	12	13	14
Gentle Yoga 11 am & 12 noon		Blood Pressure Screenings 10:30 am - 12 noon	The Basics of Advance Planning (Spanish Presentation) 11 am
Gentle Yoga 11 am & 12 noon	19	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?

Sign up at www.mshq.org/about-us/join-our-email-list

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.

