



Mount
Sinai
Queens

JULY 2018

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
July 25
11 am



Keep Your Family Healthy

Looking for the path toward a healthier you? The journey begins with some tweaks to your lifestyle. Fiorina Kyritsi, MD, will discuss how simple health screenings and positive lifestyle changes/choices are a powerful prescription for staying healthy.

Omonia Cafe, 32-20 Broadway, Astoria 11106

Tues

3

Gentle Yoga
11 am & noon

10

Gentle Yoga
11 am & noon

17

Gentle Yoga
11 am & noon

Mon

23

**Your Vascular Health
and Vein Screening**
6 pm

24

Gentle Yoga
11 am & noon

Wed

Keep Your Family Healthy
11 am

**Breast Health
Screening
and Education**
5 – 7 pm

25

Thur

19

**Weight Loss
Surgery Works**
6 pm

31

Gentle Yoga
11 am & noon

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