



Mount  
Sinai  
Queens

# MAY 2019 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).

Follow Us



**Circle  
the date  
May 23**  
11:30 am –  
1:30 pm



## Stroke Awareness Month Celebration

Learn about the signs and symptoms of a stroke—potential life-saving information! Free blood pressure screening, body mass index counseling, healthy refreshments, and giveaways!.

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

Tues	Wed	Thurs
7 Gentle Yoga 11 am & noon		9 Weight Loss Surgery Works 6 pm
14 Gentle Yoga 11 am & noon		23 Stroke Awareness Month Celebration 11:30 am – 1:30 pm
21 Gentle Yoga 11 am & noon Prana Yoga 6:15 pm	29 Breast Health Screening and Education 5 – 7 pm	

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