

# JANUARY FREE HEALTH AND WELLNESS EVENTS

**4 Blood Pressure Screening  
Wednesday • 9-10 am**

*Peter J. Dellamonica, Jr. Senior Center  
23-56 Broadway, Astoria, 11106*

**4 Blood Pressure Screening  
Wednesday • 10:15-11 am**

*Hellenic Cultural Center  
27-09 Crescent Street, Long Island City, 11101*

**10 Yoga for the Fabulous  
50s & Beyond**

**Marisa Bonfanti, Certified Yoga Instructor**  
Space is limited. Registration required.

**Meets Tuesdays**

**Sign up for a single class  
or multiple classes.**

**Session 1: 10:30 am**

**Session 2: 11:45 am**

*Crescent Tower, Fitness Room  
23-22 30th Road, Long Island City, 11102*

**11 Blood Pressure Screening  
Wednesday • 9-10 am**

*Steinway Senior Center  
20-43 Steinway Street, Astoria, 11105*

**11 Blood Pressure Screening  
Wednesday • 10:30 am-12 noon**

*Happy Seniors Northwest Astoria  
Immaculate Conception Church  
21-47 29th Street, Astoria, 11105*

**17 Diabetes:  
Balancing Your Blood Sugar**

**James Melis, MD**  
Lunch will be served. Registration required.  
**Tuesday • 10:30 am**

*JVL-Dimotsis-Vallone Senior Center  
27-40 Hoyt Avenue South, Astoria, 11102*

**17 Yoga for the Fabulous  
50s & Beyond**

**Marisa Bonfanti, Certified Yoga Instructor**  
Space is limited. Registration required.

**Meets Tuesdays**

**Sign up for a single class  
or multiple classes**

**Session 1: 10:30 am**

**Session 2: 11:45 am**

*Crescent Tower, Fitness Room  
23-22 30th Road, Long Island City, 11102*

**18 Blood Pressure Screening  
Wednesday • 9-10:30 am**

*Catherine Sheridan Senior Center  
35-24 83rd Street, Jackson Heights, 11372*

**24 Yoga for the Fabulous  
50s & Beyond**

**Marisa Bonfanti, Certified Yoga Instructor**  
Space is limited. Registration required.

**Meets Tuesdays**

**Sign up for a single class  
or multiple classes**

**Session 1: 10:30 am**

**Session 2: 11:45 am**

*Crescent Tower, Fitness Room  
23-22 30th Road, Long Island City, 11102*

**24 Tame the Pain**

**Dianne Cavanaugh, NP**  
**Tuesday • 10:45 am**  
*Steinway Senior Center  
20-43 Steinway Street, Astoria, 11105*

**26 Better Brrr-eathing:  
A Respiratory Guide for Winter**

**Julius Cernansky, CRT**  
Registration required.  
**Thursday • 10:30 am**  
*JVL-Dimotsis-Vallone Senior Center  
27-40 Hoyt Avenue South, Astoria, 11102*

**31 Yoga for the Fabulous  
50s & Beyond**

**Marisa Bonfanti, Certified Yoga Instructor**  
Space is limited. Registration required.

**Meets Tuesdays**

**Sign up for a single class  
or multiple classes**

**Session 1: 10:30 am**

**Session 2: 11:45 am**

*Crescent Tower, Fitness Room  
23-22 30th Road, Long Island City, 11102*

**31 CPR for Everyone**

Registration required.  
**Tuesday • 6:00 pm**  
*Mount Sinai Queens Physician Associates  
27-15 30th Avenue, Astoria, 11102*

**CALL 718-267-4333  
TO REGISTER  
FOR EVENTS AND  
SCREENINGS.**

**WALK-INS WELCOME!**

Some restrictions apply.  
Please see individual events.

JANUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

■ Blood Pressure Screenings

**WE'RE SAVING YOUR SEAT!**