

JULY 2025 CANCER SUPPORT & WELLNESS NEWSLETTER



We had a joyful Cancer Survivor's Day celebration on June 11th filled with music, dancing, art, and inspiring stories from our cancer survivors, see some photos above. This month don't miss our Chinese Speaking support program, Summer Gathering hybrid on July 29 at 2pm. Summer is a great time to try a new program, join Alice on Wednesdays at 11am and try meditation and meet Karen Terry on July 17th at 10am to reflect on spirituality. We hope to see you at one of our programs this month!



Spirituality with Chaplain Karen Terry

Led by board certified interfaith chaplain Karen Terry, the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. This group is open to anyone impacted by cancer. Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

Thursday, July 17th at 10am

Zoom link: 978 6019 0373
<https://mountsinai.zoom.us/j/97860190373>

Meditation with Alice

Join Alice Fox for virtual guided meditation on
Wednesdays
July 2, 9, 16, 23, & 30

11:00-12:00PM

Learn to connect and enjoy a sense of inner peace and let go of stress. We can learn to heal our minds, while healing our bodies

Please email Alice Fox at alicebfox@gmail.com to register for the zoom link.

Cedar Club: Chinese Speaking Cancer Patients: Summer Gathering

Tuesday, July 29th, 2 pm to 3:30 pm
星期二, 7月29日, 下午2點至3點半

Join us for a summer gathering!
來加入我們的夏日聚會!

What do you and your family like to eat during the hot summer? Share with us your summer recipe!

在炎炎夏日, 您和您的家人都喜歡吃些什麼呢? 來和我們分享一下您家的夏日餐食吧!

To join in-person: Mount Sinai Chelsea, 325 West 15th Street, Main Conference Room H-01
本人到場: 西奈山切爾西癌症中心主會議室H-01室

To join online:

<https://mountsinai.zoom.us/j/7425875532>
線上參加

For more information, please contact Emma Zhou, LCSW, at
212-604-6095 OR: mi.zhou@mountsinai.org

想要知道更多信息, 請聯繫執業臨床社工周宓小姐
電話 或者: 郵箱mi.zhou@mountsinai.org



Journaling Workshops

Join the the writing workshops via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written.

Journaling Workshops meet
Wednesdays: July 2, 9, 16, 23 &
30

4:00-5:00pm

Email Emily write.treat@gmail.com
to get the Zoom link and password



Yoga For Men Who are Cancer Survivors with Jerry - Hybrid at JCC

Join Jerry Snee, CYI for in-person or virtual community and Yoga practice. This class is open to those in treatment and who have completed treatment.

Wednesdays 2:30-4:00pm

Please email jerrysnee@msn.com for
more info.

Makom Classroom or via
Zoom Meeting
Meeting ID: 811 7715 3302
Passcode: jccYogaMen

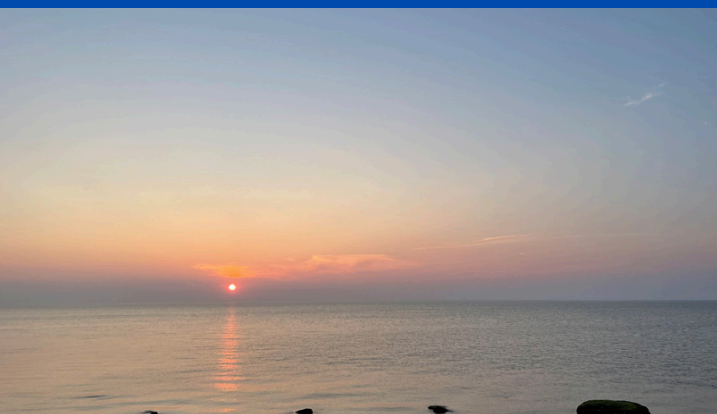


Crafts and Conversation Group

Have you been recently diagnosed with Cancer? Join us
to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis. This group will meet in person in Chelsea in the Main Conference Room.

Wednesday, July 9th
11:00am-12:00pm

RSVP to Emily 646-629-5109 or
emily.rosen@mountsinai.org



Relaxation Techniques to Prepare for Cancer Surgery

Connecting mind and body with meditation and hypnosis. Benefits have been reported to include:
reducing levels of stress and anxiety,
improving sleep, less pain and shorter recovery time.

Please contact Mary Vu, LCSW,
OSW-C at
mary.vu@mountsinai.org
OR 347-920-7634 to schedule a
session



Knitting Group

Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. Enjoy friendly conversation while you work on your yarn projects.

**Anyone in need of supplies please
contact cssevents@mountsinai.org*

Thursdays, 12:30-2:00PM
Virtual

call in to 1-646-876-9923
Meeting ID: 968 1548 3634



Special Thanks To:

Simone I. Smith
The Love House Foundation
The Creative Center
Coco Events
Ruth Gabay, LCSW
Heavenly Teas
Seven Sundays
Skinny Dipped
Lesser Evil Snacks
MadHippie
First Aid Beauty
Vani Cream
The Cindy Turkeltaub Cancer Support Fund
Kevin Brady
DJ Chameleon (Nathan Prince)
The Vocal Ensemble, Led by Michael Inge
Raina Valentin, Assistant Vice President
Bilikisu Bhadmus, MSN, FNP-BC
Theresa Williams Lloyd
For your generous donations to our
Mount Sinai Tisch Cancer Center
Survivors Day Celebration 2025



Caregiver Support Group

This is a drop-in group for individuals who are caring for a loved one living with cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere.

Support for Caregivers: 3rd Tuesday of the Month.

Tuesday, July 15th
12-1pm

Prior to attending this group, please RSVP to receive Zoom information, please contact
Oscar.duran@mountsinai.org



Post-Treatment/ Survivorship Support Group

Join us for a place to learn, share experiences and connect with other patients.

Thursday, July 3rd
12-1pm

Zoom Meeting ID: 742 587 5532

Facilitated by Oncology Social Worker Madeleine Epstein. To learn more and register, please reach out at
Madeleine.Epstein@mountsinai.org or
212-367-1715



Caregivers Clinic: Brookdale Department of Geriatrics & Palliative Medicine

“To alleviate distress and equip caregivers with an increased ability to manage the significant burden of the caregiver role.”

Services offered: Individual Therapy
Family Therapy
Couples Therapy
Medication Management
Community Referrals
Resources

**This resource is open to caregivers of Mount Sinai Cancer Patients.*

Contact Us? 212-241-3160 or
caregiversclinic@mssm.edu



“Why Should I Eat In-Season Fruits and Vegetables?”

What fruits and vegetables are currently in-season?

The summer is a great time to look for local and in-season fruits and vegetables! Some examples of fruits that are in-season: berries (strawberries, raspberries, blueberries, blackberries), peaches, plums, melons, cherries, etc. Some examples of vegetables that are or will be in-season: tomatoes, zucchini, bell peppers, corn, eggplant, asparagus, sugar snap peas, string beans, etc.

Why should I try to eat more in-season produce?

- Choosing in-season produce is typically a financially conscious decision!
- Local, in-season produce is packed with nutrients and flavor since they are picked at their prime and do not have travel far to your local stores!
- Try looking for in-season produce at your grocery store or even a farmer's market.



Online & Individual Art Sessions & Workshops with the Creative Center

Join the Creative Center for daily art workshops on Zoom. Using simple art supplies and household materials, you'll experience the transformative power of Art to create and have fun! View the current workshop calendar and sign up at
<https://bit.ly/3ceJyZB>

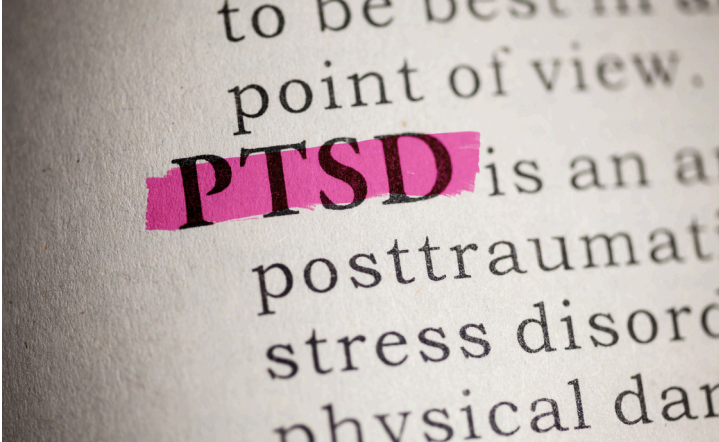
If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact
saschacreativececnernyc@gmail.com or
cibele@gmail.com. The Creative Center also works with those that are receiving treatment at Mount Sinai West.
For any questions or more information contact info@thecreativecenter.org



Chemo Companions and Peer to Peer Prostate Support

Chemo Companions pairs up patients with medical and graduate school students to regularly attend appointments and provide support throughout patients' chemotherapy treatment at Ruttenberg Treatment Center. Contact
anna.gribetz@mountsinai.org or 212-824-8762

Are you diagnosed with prostate cancer and would be interested in being matched with a peer mentor? Jean Claude is our current peer mentor. He is a patient at Mount Sinai Hospital where he was treated for prostate cancer in 2005. Since 2007 he has worked with cancer patients as a volunteer at Mount Sinai Hospital's Ruttenberg Treatment Center. For more information reach out to
carly.abramson@mountsinai.org



Understanding Trauma and PTSD online with Karpas Health

Join us for an educational talk to learn about trauma and post-traumatic stress disorder (PTSD). This talk will cover what trauma and PTSD are, how they can affect mental and physical health over time, and why symptoms may surface or shift later in life. Attendees will also learn practical strategies for coping, healing, and finding support. Whether you're living with the effects of trauma or supporting someone who is, this talk will offer valuable insight and resources for the path forward.

Wednesday, July 9th 1:30pm to 2:30pm

Register for the zoom information:
212-420-4247
Karpas.Health@mountsinai.org



Lung Cancer Support Group

Join this drop-in group for adults with lung cancer. Share, connect and learn from each other in a supportive atmosphere. This group is facilitated by a licensed social worker. Please join us for an open-ended Lung Cancer support group! Second Monday of the month. Hybrid group (1176 5th Ave 1st floor conference room).

Monday, July 7th
12:15-1:15pm

RSVP and Zoom Information:
Mae.Ryan@mountsinai.org or
646-942-6034



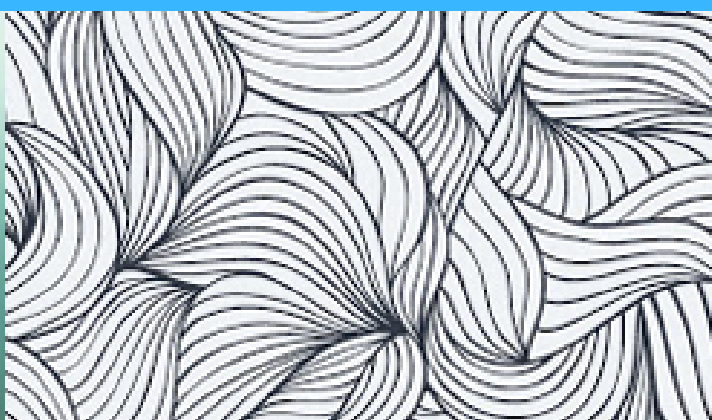
Young Adult Virtual Support Group for Neuroendocrine Tumor and GI Cancer Patients

This is a drop-in group for individuals ages 20-35 who have been diagnosed with a neuroendocrine tumor or a gastrointestinal cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere.

Thursday, July 17th
2-3pm

Facilitator: Jessica Waldman, LCSW
RSVP to get the zoom link:
gioncsw@mountsinai.org

Bereavement Support Groups



Navigating Grief, Loss and Bereavement

Monthly drop in for those impacted by a loss from any type of cancer.

This group meets the
3rd Monday of every Month

July 21st
5:30-6:30

RSVP:
Samantha.idan@mountsinai.org

Zentangle Therapeutic Drawing Online with the JCC

Create beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tangers to access delicious pleasure and calm. Bring a cup of tea, unlined white paper, a fine-tipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off!

Fridays, 11:30-12:30 PM

You will receive a Zoom link before the class. If you are having difficulty with registration please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.



Bone Marrow Transplant Support Group

Meets virtually on the first Wednesday of each month. This is a virtual group for patients who have had a bone marrow transplant or stem cell transplant, including CAR-T. It is also open to those who are just starting work-up as well as those who have had treatment. Join this group to connect and learn from others who are also recovering from this type of transplant.

Wednesday, July 2nd
1pm

RSVP and Zoom Information:
Ryan.Dritz@mountsinai.org



Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis

Join an oncology social worker for a monthly meeting for education, support, and information sharing.

The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends. Last Wednesday of the month,

Wednesday, July 30th 12-1pm

RSVP to www.lls.org/metny or call 914-496-3902

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Multiple Myeloma Support Group

Join a support group for patients living with Multiple Myeloma to connect, share, and support one another. Facilitated by licensed myeloma social workers.

Thursday, July 10th at 3pm

For more information and zoom link, please contact (212)824-8759
MMsocialwork@mountsinai.org



Multiple Myeloma Mindful Journaling Group

Join us in a creative and therapeutic process of mindful journaling.

Mindful journaling allows our thoughts, feelings and experiences to take tangible form on paper, which helps us to become a better listener to ourselves during times of stress. No experience required.

Meets 1st & 3rd Tuesday of the Month

Tuesday, July 1st and 13th 4-5pm

For more information or to RSVP, Facilitated by Rachel Wangler, LMSW (212) 824-8759/
rachel.wangler@mountsinai.org

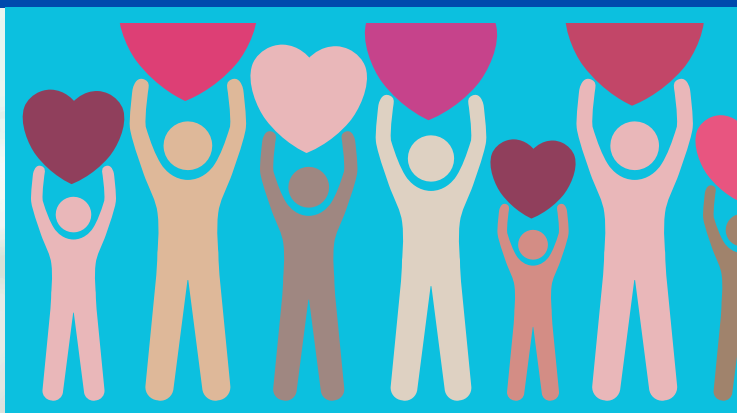


Caring for the Caregiver Multiple Myeloma Caregiver Support Group

A support group for caregivers of patients with multiple myeloma. Join us in a space to connect with others, share experiences, learn about resources, and reduce stress and isolation. The group meets the 2nd Wednesday of each month.

Wednesday, July 9th 5:30pm

For more information and to receive the Zoom link, please contact Jaclyn Zingman, LMSW at 212-824-8745 or Jaclyn.zingman@mountsinai.org



BIPOC Multiple Myeloma Support Group: "One Day at a Time, Together"

Support group for BIPOC (Black, Indigenous, and People of Color) patients with Multiple Myeloma

July 23rd at 4pm
(4th Wednesday of each month @ 4pm)

Facilitated by Yu Mee Song, LCSW, OSW-C, (212) 824-8771
yumee.song@mountsinai.org



Stand By You: Support Group for Young Patients (aged 18-30 years)

This support group aims to create a space for young patients to find strength from connection and support. Patients who have been newly diagnosed, going through active treatment or are returning to life after treatment are welcome to attend.

Meets virtually on the first Tuesday of each month

Tuesday, July 2nd 4-5pm

To register: Elizabeth Croker, LMSW Elizabeth.Croker@mountsinai.org, call 1-800-955-4572 or go to: Stand By You Support Group | Leukemia and Lymphoma Society (lls.org)

Questions about Programming? Email anna.gribetz@mountsinai.org



Dubin Zoom Yoga for Breast Cancer Patients

Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

Tuesdays, 5:45-6:45pm

RSVP for the Zoom information or for more information please contact

DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

Dubin Zoom Meditation for Breast Cancer Patients

Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

Wednesdays, 6:00-6:45pm

RSVP for the Zoom information or for more information please contact
DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

Dubin Zoom Pilates for Breast Cancer Patients

Join the Dubin Breast Center of the Tisch Cancer Institute, weekly pilates class led by Melissa Miles, focused for patients with breast cancer.

Thursdays, 5:00-6:00pm

RSVP for the Zoom information or for more information please contact,
DubinNutritionist@mountsinai.org

These programs are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time

**This class is open to people being treated for breast cancer at any Mount Sinai Health System location*



Healing through Journaling for Breast Cancer Patients

Join our Healing through Journaling group via ZOOM! This group is open to all breast cancer patients and facilitated by Lori Perkins, a Breast Cancer Survivor and accomplished editor and author. Participants will receive writing prompts during the session and will have time to write and share with the group. We meet the third Tuesday of the month at 6:30 PM.

Tuesday, July 15th
6:30-7:30pm

For more information call
212-241-7748

Dubin Schmoozin in person

Join us as we craft courage in a supportive space where art becomes a therapeutic tool for expression and resilience. Breast cancer patients of all ages and stages are welcome. The group meets on the second Wednesday of the Month in the Dubin Breast Center: 1176 5th Avenue New York, NY

Wednesday, July 9th
1:30-2:30pm

For more information call
212-241-7748

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team.
@MSHScancersupportiveservices





Writer's Circle with Woman to Woman

The writer's circle offers a safe and inspiring space to explore healing, resilience, and renewal through reflective prompts and intentional storytelling. Led by Woman to Woman survivor volunteer, Eugenia Nascimento. Bring your creativity, unique perspective, an open heart and a pen and paper!
Meets the 4th Monday of every month.

Monday, July 28th
12pm

Meeting ID 208 938 0884/ Call in-
+929-205-6099



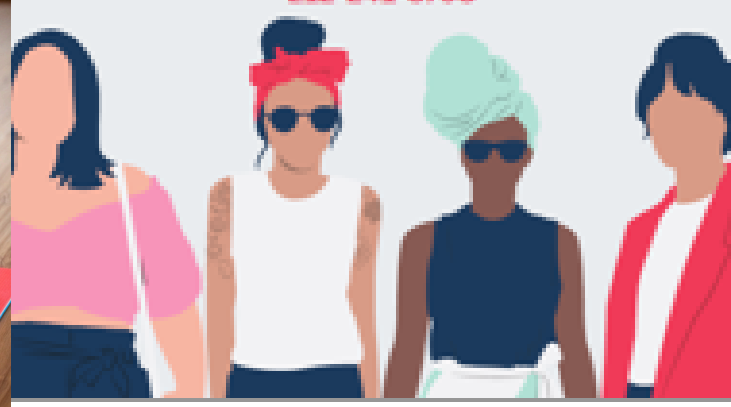
Woman to Woman: Pelvic Awareness: Gentle Mobility & Pilates for Healing **3 Session Series**

This trauma-informed, restorative series is designed to gently support individuals recovering from or living with gynecological cancers. Over 3 sessions, we'll explore slow, intentional movement to help you safely reconnect with your body, especially the pelvic floor, hips, and core. This series is led by Tash Vasilyeva, a trauma-informed Pilates instructor and intern in Clinical Mental Health Counseling. Contact: tashvasilyeva@gmail.com

- Using gentle Pilates-based exercises, pelvic awareness techniques, and breath-centered mobility work, we aim to:
 - Support lymphatic flow and reduce inflammation
 - Alleviate pelvic pain, tension, and scar tissue tightness
 - Restore essential pelvic functions
 - Gently rebuild core and hip strength
- Regulate the nervous system and enhance emotional resilience
- Rebuild body awareness and confidence after medical treatment

Thursdays: July 10, 17 & 24th at 12pm

Meeting ID: 208 938 0884/ Call in-
19292056099,2089380884# US



Women of Color Navigating Gynecologic and Breast Cancer: A support group for patients who identify as black, indigenous, or people of color (BIPOC)

This group is for women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis.

Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer group will focus on a specific theme/topic with space for BIPOC women to exchange stories of their experiences and leave with practical approaches to address their concerns and feel heard. Meetings will be facilitated in English, but for BIPOC women who speak languages other than English, please contact womantowoman@mountsinai.org/212-241-3793.

July 7th at 12pm

Meeting ID: 208 938 0884/ Call in-929-205-
6099,2089380884

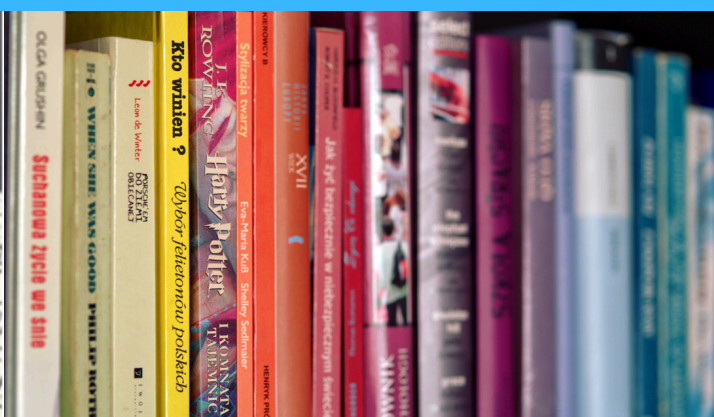


Woman to Woman: Monday Morning Mindfulness

Join us Monday mornings of gentle and empowering 20-minute mindfulness meditations. Together, let's cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment.
Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years.

Mondays
10-10:20am

Meeting ID: 416 883 2533
One tap mobile
+16469313860,,89451655231#



Woman to Woman Book Club

Each month the book will be chosen by a book club member. All are welcome, whether you've had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ...)

If you'd like to join but are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org for assistance. **July Book: Yvette's pick! The German Wife by Kelly Rimmer**

Wednesday, July 30th at 7:00pm

Join Zoom Meeting
Meeting ID: 757 176 6991
Call in- 646-558-8656



Thriving with Woman to Woman: WellBetic

The purpose of this monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. Dr. Marisol Cruz Meléndez-Ostrov, nurse, PhD educator, diabetic educator specialist, will speak about "WellBetic." Whether you're newly-diagnosed with diabetes, supporting a diabetic loved one, or simply looking to improve your health and mindset, this informative and educational session is designed to empower you to live your best, healthiest life with holistic education, real support, and positivity

Meets the fourth Tuesday of every month

Tuesday, July 22nd at 12pm

Meeting ID: 208 938 0884 Call in-929-205-
6099

Questions about Woman to Woman? Email womantowoman@mountsinai.org



Woman to Woman: What's SIBO and am I at risk?

Small intestinal bacterial overgrowth (SIBO) is a condition where there is an abnormal increase in the amount of bacteria in the small intestine. SIBO is more frequently diagnosed in patients with gynecologic cancer. In this informal talk, Dr. Pashinsky will share the facts about what gynecologic cancer survivors need to know about SIBO to protect their gut. Dr. Yevgenia Pashinsky is a board-certified gastroenterologist

Wednesday, July 30th at 5:00pm

Join Zoom

Meeting ID: 757 176 6991/ Call in- 646-558-8656



Woman to Woman: Nutritional Benefits of Herbs, Seeds & Whole Grains with Paula Occiano, Nutrition Coordinator

Being diagnosed with cancer and all that follows is complicated and communicating with family, friends and co-workers can be challenging! How much do you share with whom and how do you take care of yourself while managing physical limitations, obligations and expectations? In this workshop we will discuss strategies to develop healthy boundaries and ways to communicate them.

Wednesday, July 16th at 12:00pm

Zoom Meeting: ID: 757 176 6991

Call in- 646-558-8656



Woman to Woman Gynecologic Cancer Support Group

Meet other women who have been diagnosed with this life changing disease and share your story. The goal is to reduce isolation, share resources, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

Wednesdays, 12:00-1:00 pm

**Not meeting on 7/2*

Meeting ID: 757 176 6991

Call in- 646-558-8656



Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group

This monthly group is for long-term (2+) year survivors of gynecologic cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting. Meets the third Monday of every month.

Monday, July 21st
12:00-1:00pm

Meeting ID: 208 938 0884
Call in-929-205-6099



Woman to Woman Living with Recurrent Gynecologic Cancer

This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time. Meets the 2nd Tues of every month.

Tuesday, July 8th
12-1:15pm

Meeting ID: 865 7625 2999
Call in- 646-558-8656



Breast + Ovarian Cancer Support Massage at the JCC

Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post-treatment and/or post-surgery. Prescription and online intake required.

Tuesdays, Thursdays & Fridays
10am-2pm

Email oncologymassage@mmjccm.org
or call 646.467.9239 for details.



Yin Yoga Online with the JCC

Yin Yoga is a passive style of yoga that uses gravity-assisted poses, breath, and guided visualizations to help access the deeper, more "yin" part of our nature. This gentle practice, which focuses on increasing circulation and deep release of the hips, hamstrings, and lower back, helps ease the tension beneath the muscles to open up the connective tissue and encourage a freer flow of energy throughout the body. All levels welcome.

Wednesdays, 4:00-5:15 PM

You will receive a Zoom link prior to class. If you register within 30mins of class start time please email boxoffice@mmjccm.org to receive the link. Free for those being tested or treated for cancer.
646-505-5708



Healing Yoga For Women Impacted by Breast or Ovarian Cancer & Yoga for cancer Care Hybrid with the JCC

Join Jerry Snee, Certified Yoga Instructor on Thursdays for **Healing Yoga**. Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body's ability to promote healing. We will gently stretch the body to open into yoga postures that soothe and strengthen. Working with classic yoga postures designed to support the body through treatment and beyond, this practice will create calm and centeredness. Yoga for Cancer Care on Mondays is facilitated by **Whitney Chapman**. Allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften as you improve well-being, feel better and regain and maintain your center. Gentle postures, relaxation and meditation will be incorporated into this class

While anyone impacted by cancer is welcome, these classes are tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Healing Yoga: Thursdays, 6:45-8:00pm
7th floor Makom room

Yoga for Cancer Care: Mondays 6:15-7:30pm

In person room Mezzanine Classroom
Meeting ID: 889 9483 5222 Passcode: jccHealing
In order to get the new Zoom link for this class, please go to
<http://www.mmjccm.org/cancer-care>



Yoga4Cancer Online with the JCC

Yoga4Cancer is designed to help those living with cancer manage treatment side effects and speed recovery through an evidence-based oncology yoga program. Yoga4Cancer builds strength and mobility in safe ways in order to stimulate the immune system and build bone density while detoxing the body and cultivating a sense of well-being.

While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Join **Leora Leung**, certified Yoga4Cancer instructor

Sundays, 3:00-4:15 PM

In order to get the new Zoom link for this class, please go to
<http://www.mmjccm.org/cancer-care>



Moving for Life: Gentle Cardio Workout Online with the JCC

Join Martha Eddy + Ana Leon Bella + Evelyn Nunlee for gentle dance-exercise for women living with cancer. Classes concentrate on restoring upper body movement impacted by side effects of breast cancer surgery, chemo, and radiation. Exercise increases energy levels, boosts immunity, helps with weight management and eases symptoms of chronic illnesses! At this time all classes are nevertheless open to all cancer

**Wednesdays
at 12:00-1:00pm**

Saturdays at 11-12pm

Please contact Registration by email at
boxoffice@mmjccm.org



Gentle Water Aerobics for Women Living with Cancer at the JCC

Join **Velia Hoffman** for gentle exercise class. Gentle water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. The class takes place on site at the JCC in the training pool and is limited to 12 participants. Registration is required.

Tuesdays: 10:00-11:00am

All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are open to all cancer survivors with the knowledge that they are not marketed to be a complete body work out. Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org/ 646-505-5708



Nia Moving to Heal for Women Living with Cancer Hybrid with the JCC

Nia is a holistic workout for the mind, body, and soul that incorporates elements from martial arts, dance, and relaxation techniques. Learn to slow down and personalize movements for your own body, while focusing on feeling better.

While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join **Caroline Kohles** for Nia!

Tuesdays at 4:15-5:15 PM

In order to get the Zoom link for this class, please go to
<http://www.mmjccm.org/cancer-care>

Once you've completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

PROGRAMAS EN ESPAÑOL



Talleres Mensuales en Español para Pacientes en Tratamientos Oncológicos

Este espacio es para conectar con pacientes en situaciones similares y recibir apoyo en la comunicación con el equipo médico. El taller es facilitado por una trabajadora social el último miércoles de cada mes.

Miércoles, 30 de Julio o 4:00pm a 5:00 pm

<https://mountsinai.zoom.us/j/98591887958>

Meeting ID: 985 9188 7958

Mayor información contactar Beatriz Garcia: beatriz.garcia@mountsinai.org

Puedes unirte a la reunión llamando +1 646 876 9923
y a continuación, poniendo el meeting
ID 985 9188 7958

Mayor información contactar Beatriz al 646-315-4148



Where No One Faces Cancer Alone

Red Door Community Programming

Red Door community es una comunidad de apoyo para pacientes con cáncer. Esta comunidad ofrece conferencias y grupos de apoyo, incluyendo un grupo facilitado en español llamado "Amigos Unidos: Grupo de apoyo para pacientes con cáncer".

Para más información, preguntas o si desea registrarse, comuníquese al 212-647-9700 o visite la página web www.reddoorcommunity.org.



Latina SHARE Grupo de Apoyo para pacientes y sobrevivientes de cáncer de seno

En un grupo de apoyo, los miembros pueden sentirse más cómodos compartiendo sentimientos y experiencias que pueden resultar demasiado difíciles o incómodos de compartir con familiares y amigos.

Miercoles, 16 de Julio 6pm

Tercer miércoles de cada mes a las 6:00 PM EST

Para mas informacion o Para recibir el enlace Zoom, llame al
800-314-6948

GRUPOSDEAPOYO@SHARECANCERSUPPORT.ORG
LINEA DE AYUDA: 1-800-314-6948 800-314-6948