

# JANUARY 2025



**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

<b>MONDAY, January 6<sup>th</sup>:</b> <a href="#">Mindfulness</a> 10-10:20am  <a href="#">Women of Color Navigating Cancer</a> 12-1pm		<b>TUESDAY, January 14<sup>th</sup>:</b> <a href="#">Living with Recurrent Gynecologic Cancer</a> 12-1:15 pm  <a href="#">Wellness Challenge</a> 2-3pm		1	2	3	4
<b>MONDAY, January 13<sup>th</sup>:</b> <a href="#">Mindfulness</a> 10-10:20am  <a href="#">Now What? Long-Term Survivor Group</a> 12-1pm		<b>DOUBLE PROGRAMMING!</b>		8	9	10	11
<b>DOUBLE PROGRAMMING!</b>		<b>DOUBLE PROGRAMMING!</b>		<a href="#">Gynecologic Cancer Support:</a> 12-1pm	<a href="#">ZUMBA</a> 10-10:30am	17	18
<b>DOUBLE PROGRAMMING!</b>		<b>DOUBLE PROGRAMMING!</b>		<a href="#">Gynecologic Cancer Support:</a> <b>Pelvic Health</b> 12-1pm	<a href="#">Spirituality Group</a> 10-11am	<b>WEDNESDAY, January 29<sup>th</sup>:</b> <a href="#">Gynecologic Cancer Support:</a> <b>Immunotherapy and Cervical Cancer</b> 12-1 pm  <a href="#">Woman to Woman Book Club:</a> <b>A Society of Lies by Lauren Ling Brown</b> 7- 8 pm	
<b>DOUBLE PROGRAMMING!</b>		<b>DOUBLE PROGRAMMING!</b>		<a href="#">Thriving with Woman to Woman</a> <b>Nourishing the Mind, Body &amp; Soul</b> 12-1pm  <a href="#">Wellness Challenge</a> 2-3pm	24	<b>DOUBLE PROGRAMMING!</b>	
<b>DOUBLE PROGRAMMING!</b>		<b>DOUBLE PROGRAMMING!</b>		<a href="#">Gynecologic Cancer Support:</a> 12-1pm	31	<b>DOUBLE PROGRAMMING!</b>	
<b>DOUBLE PROGRAMMING!</b>		<b>DOUBLE PROGRAMMING!</b>		<b>DOUBLE PROGRAMMING!</b>	<b>DOUBLE PROGRAMMING!</b>	<b>DOUBLE PROGRAMMING!</b>	



# January 2025

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## ◆ **WOMAN TO WOMAN GYNECOLOGIC CANCER SUPPORT GROUP | Wednesdays from 12-1pm**

Meet other women who have been diagnosed with this life changing disease and have the opportunity to share your story. The goal of our group is to decrease isolation, share resources, feel empowered and learn ways to cope with the ups and downs this diagnosis brings. We will be joined by guest speakers on a bi-weekly basis who are specialists in their fields. Each weekly meeting uses the following Zoom info, regardless of guest speaker.

### **To join by video, click [HERE](#):**

- If prompted, enter Meeting ID: 757 176 6991

### **To join by phone:**

- Dial: 1-646-558-8656
- Meeting ID: 757 176 6991#

### **JANUARY GUEST SPEAKER:**

Please note that we will not be meeting on January 1<sup>st</sup>.

### **JANUARY 15<sup>th</sup>: PELVIC HEALTH AND REHABILITATION WITH DR. Denise Jagroo**

Dr. Denise Jagroo is a Board-Certified Clinical Specialist in Women's Health Physical Therapy. Dr. Jagroo has been a pelvic rehab specialist for over 2 decades and has worked with a wide range of patients, including cancer survivors. On January 15<sup>th</sup>, Dr Jagroo will teach you about pelvic health, how to find and strengthen your pelvic floor muscles and how cancer treatment may affect sexual function.

### **JANUARY 29<sup>th</sup>: Updates in Immunotherapy Treatment for Cervical Cancer with Dr. Dmitriy Zamarin**

Cancer immunotherapy harnesses the power of the immune system to recognize and kill cancer cells. Over the past decade a variety of cancer immunotherapy approaches have been evaluated in several cancer types; these include monoclonal antibodies, cancer vaccines, and adoptive cell therapies. While a number of these approaches have demonstrated promising efficacy, there has also unfortunately been a number of failures. This talk will provide the overview of cancer immunotherapy and will highlight how these treatments play an evolving role in treatment of early and late-stage cervical cancer. Dr. Dmitriy Zamarin is Professor of Oncology and Section Head of Gynecologic Medical Oncology at Mount Sinai, where he takes care of women with gynecologic cancers, including cervical, endometrial, and ovarian cancers. He completed residency in Internal Medicine at the Mount Sinai Hospital and fellowship in Hematology/Oncology at the Memorial Sloan Kettering Cancer Center. He spent a decade as a faculty and Translational Research Director in Gynecologic Medical Oncology at the Memorial Sloan Kettering Cancer Center before transitioning to his current role in September of 2023.

### ◆ MONDAY MORNING MINI MINDFULNESS MEDITATION | Every Monday from 10-10:20 am

Join us every Monday morning for a gentle and empowering 20-minute mindfulness meditation. 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. Ylfa offers mindfulness workshops for groups and individuals. She can be reached at [ylfaedelstein@me.com](mailto:ylfaedelstein@me.com).

#### To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 416 883 2533

#### To join by phone:

- Dial: 1-646-931-3860
- Meeting ID: 416 883 2533 #

### ◆ WOMEN OF COLOR NAVIGATING GYNECOLOGIC AND BREAST CANCER | January 6<sup>th</sup> from 12-1 pm

A support group for patients who identify as black, indigenous, and people of color (BIPOC)

Meets the first Monday of every month.

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](mailto:womantowoman@mountsinai.org) or 212-241-3793.

#### To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 208 938 0884

#### To join by phone:

- Dial: 1-929-205-6099
- Meeting ID: 208 938 0884#

### ◆ DANCING THROUGH CANCER WITH ZUMBA | January 10<sup>th</sup> from 12-1pm

Exercise helps to reduce common side effects of cancer treatment such as fatigue, anxiety, and sleep disturbances. Regular exercise can also reduce the risk of cancer recurrence and of developing other health problems. While exercising, having fun is key! Zumba is a Latin inspired aerobic dance class that's like exercise in disguise. Easy to follow moves and good music, you'll leave feeling great. Barbara Dellicurti will lead a Zumba Gold class which is Zumba at a lower-intensity level for **30 minutes**. Barbara has been teaching for over 12 years and her only requirement is to have fun! **This class is open to the whole cancer community.**

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**◆ NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | January 13<sup>th</sup> from 12-1pm**

Please note that this is the second Monday, group typically meets the third Monday of every month.

“We need a support group for patients out of treatment who must now face a new body and reality. When treatment is complete, we are no longer surrounded by our medical teams on a regular basis. We no longer are regulars in chemo or radiation suites nor our oncologist's offices. After diagnosis and treatment, our bodies and minds are scarred, fragile and different. We are not exactly 'cured' and are often left with many long-haul side effects, both physical and psychological. Now what?” - A gynecologic cancer survivor

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**◆ LIVING WITH RECURRENT GYNECOLOGIC CANCER | January 14<sup>th</sup> from 12-1:15pm**

Meets the second Tuesday of every month.

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.

**To join by video, click [HERE:](#)**

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**To join by phone:**

- Dial: 1-646-558-8656
- Meeting ID: 865 7625 2999#

**◆ NEW YEAR'S RESOLUTION WELLNESS CHALLENGE- THREE PART SERIES | 1/14, 1/21 and 1/ 28 from 2-3pm**

We are once again offering this special three-week series designed to help cancer patients meet their New Year's resolution wellness goals despite the added challenge of the pandemic. Each group member will set their own personal 2025 goals and, with the help of wellness coach Leslie Thompson, creator of the What's Working Here blog, create a step-by-step plan to succeed. All participants will receive individualized support and education at each of the weekly sessions to help figure out how to best achieve their resolutions. Participants are strongly encouraged to attend every session if possible.

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### ◆ SPIRITUALITY GROUP | January 16<sup>th</sup> from 10-11am

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.

#### To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 978 6019 0373

#### To join by phone:

- Dial: 1-646-931-3860
- Meeting ID: 978 6019 0373

### ◆ THRIVING WITH WOMAN TO WOMAN: Nourishing Mind, Body and Soul | January 28<sup>th</sup> from 12-1 pm

Meets the fourth Tuesday of every month

***"The question is not how to survive, but how to thrive with passion, compassion, humor and style." - Maya Angelou***

Her session last year was so well-received that bestselling cookbook author, Terry Walters, has agreed to return for a follow-up round-table discussion designed to inspire and empower you to nourish your unique constitution. Terry will lay a foundation for eating clean and living well and then open it up for questions and discussion to allow you to move past challenges and thrive. For more information: [terrywalters.net](http://terrywalters.net) or on Instagram at @TerryWaltersCooks.

The purpose of this monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. Navigating a cancer diagnosis and survivorship can feel like a full-time job. It can easily overtake your life and be the lens through which you view all of your experiences and interactions. However, you are extraordinary women with interests, hobbies, passions, fears, dreams and so much more. You all deserve to feel happy and fulfilled. Co-led by Audrey Carlson, Woman to Woman volunteer and founder of the Hartford Happiness Club, this group will alternate esteemed guest speakers with topic-driven interactive exercises to help participants learn how to achieve balance so you can not just survive, but thrive.

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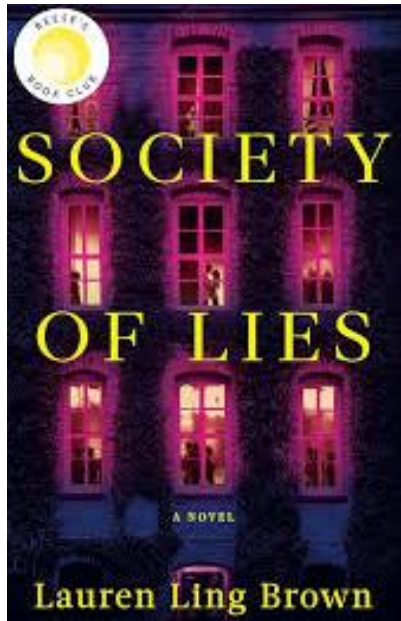
◆ **WOMAN TO WOMAN BOOK CLUB | January 29<sup>th</sup> from 7-8pm**

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. 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](mailto:womantowoman@mountsinai.org) for assistance.**

**JANUARY SELECTION, Hildred's pick! *A Society of Lies* by Lauren Ling Brown.**

Pick up a copy [here](#) or wherever books are sold.



**NATIONAL BESTSELLER • REESE'S BOOK CLUB PICK • “A dark and haunting debut that explores secret societies, the bonds of sisterhood, and the intricacies of privilege at an elite college . . . I couldn't put this twisty tale down.”—Julia Bartz, author of *The Writing Retrea***

*How far would you go to belong?*

Maya has returned to Princeton for her college reunion—it's been a decade since she graduated, and she is looking forward to seeing old faces and reminiscing about her time there. This visit is special because Maya will also be attending the graduation of her little sister, Naomi.

But what should have been a dream weekend becomes Maya's worst nightmare when she receives the news that Naomi is dead. The police are calling it an accident, but Maya suspects that there is more to the story than they are letting on. As Maya pieces together what happened in the months leading up to her sister's death, she begins to realize how much Naomi hid from her. Despite Maya's warnings, Naomi had joined Sterling Club, the most exclusive social club on campus—the same one Maya belonged to. And if she had to guess, Naomi was likely tapped for the secret society within it.

The more Maya uncovers, the more terrified she becomes that Naomi's decision to follow in her footsteps might have been what got her killed. Because Maya's time at Princeton wasn't as wonderful as she'd always made it seem—after all, her sister wasn't the first young woman to turn up dead. Now every clue is leading Maya back to the past . . . and to the secret she's kept all these years.

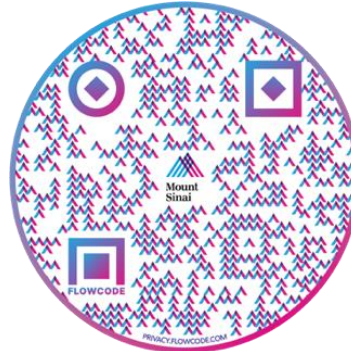
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Our community of survivors and mentors brings hope to women who might otherwise face treatment alone and scared. We rely on the generosity of donors like you to achieve our mission of empowering women throughout their gynecologic cancer journeys. Please consider joining our community of supporters by making a gift to the Woman to Woman program today. Scan the code below to donate now:



**CONTACT US:**

Online: [mountsinai.org/woman-to-woman](https://mountsinai.org/woman-to-woman) | Email: [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) | Phone: [212-241-3793](tel:212-241-3793)

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