

JANUARY 2025 CANCER SUPPORT & WELLNESS NEWSLETTER



Happy New Year! January is cervical cancer awareness month, please join Woman to Woman for Updates in Immunotherapy for Cervical Cancer with Dr. Zamarin on January 29th at 12pm. Are you interested in exploring ways to build resilience in the new year? Join us for our Wellness Wednesday discussion on January 8th at 1pm. Our Lunar New Year Celebration will be held on January 24th from 2-4pm at 325 W 15th St. We hope to see you at one of our exciting programs!



Woman to Woman New Year's Resolution Wellness Challenge - Special Three-Week Series

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 at all possible.

Tuesdays, January 14th, 21st, & 28th
2pm

Meeting ID: 208 938 0884



Wellness Wednesdays Support Group

Join us for our Wellness Wednesdays group. Open to any people experiencing cancer who want to learn how to enhance their well-being in a support group setting. Meets monthly on the 2nd Wednesday of each month 1-2PM.

**Wellness in the New Year-
Discover Activities to Build
Resilience**

January 8th - 1-2pm

Co-facilitated by SW Interns Daphne Pellegrino & Katherine Raguckas.

For more information contact:
[daphne.pellegrino@mountsinai.org/](mailto:daphne.pellegrino@mountsinai.org)
212-523-7541

Zoom ID: 928 5807 7903



Cedar Club: Chinese Speaking Cancer Patient Support Group Lunar New Year Celebration 雪松會-華人癌友互助會

Join us for art crafts making, games, snacks and music in celebration of the Lunar New Year! 来和我们做手工, 玩游戏, 吃点和欣赏音乐, 一起庆祝农历新年吧!

Friday, January 24, 2:00 - 4:00 PM
325 West 15th St
星期五, 1月24日, 下午2点至下午4点 325 W
15th St. H01 西15街325号H01室

For more information, please contact
Emma Mi Zhou, LCSW

更多信息请电邮临床社工周小姐 mi.zhou@mountsinai.org 或电话
212-604-6095



Journaling and Writing Workshops

Join one or all of our variety of 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.

Writing Workshops meet

Mondays

January 13 & 27

Journaling Workshops meet:

Wednesdays:

January 1, 8, 15, 22, 29

4:00-5:00pm

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

Meditation with Alice

Join Alice Fox for her virtual guided meditation on

Wednesdays

January 8, 15 & 22

**no group 1/1 or 1/29*

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 alicefox@gmail to register for the zoom link.

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

NEW Meeting ID: 811 7715 3302

NEW Passcode: jccYogaMen



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

Vocal Ensemble

Join our Mount Sinai Vocal Ensemble for a little musical delight. Join in whether to sing yourself or to enjoy a little music from the comfort of your own home. The group meets on Zoom and is led by the talented Michael Inge.

Mondays

January 6, 13 & 27

<https://bit.ly/3mxB9Cy>
Meeting ID: 448 800 2565
Passcode: 506560

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 Rutenberg Treatment Center and are interested in individual art sessions in-person, please contact saschacreativecenternyc@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



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, January 21st
12-1pm

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

Caregivers of Loved ones with Cancer Support Group

Join this caregiver group to discuss topics such as self-care, strengths-based caregiving, honoring emotions, etc.

Monday, January 13 & 27th
4-5pm

Zoom Meeting ID:
962 8790 2381

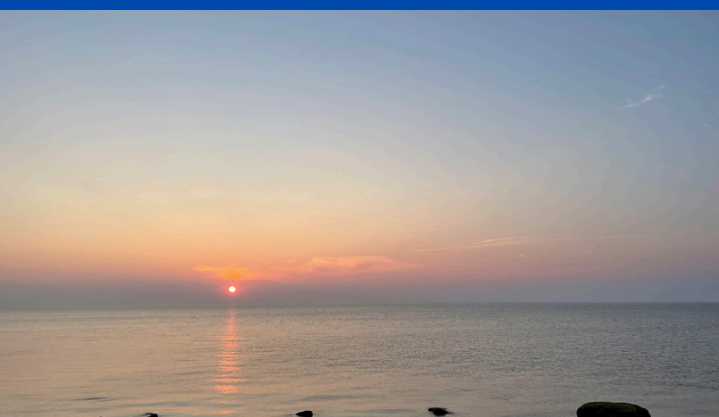
To learn more or RSVP:
sara.stoffmacher@mountsinai.org | (212) 523 - 7188
alysse.weinberg@mountsinai.org | (212) 523 -7194

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, January 8th
11:00am-12:00pm

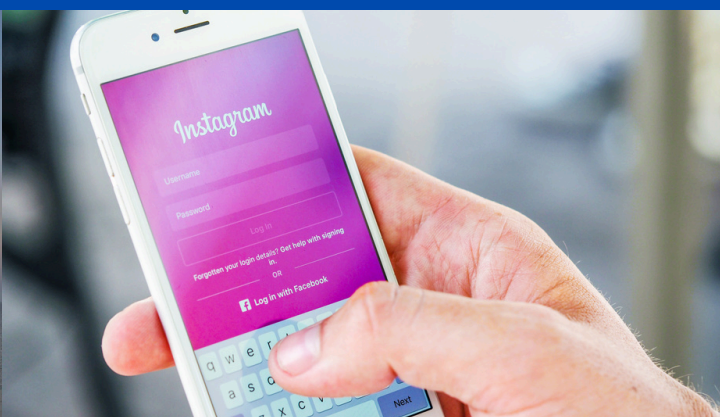
RSVP to Liza at 347-580-0669 or
liza.lundgren@mountsinai.org



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



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



Black Men's Prostate Cancer Initiative: Support Group

The Black Men's Prostate Cancer Initiative support groups provide prostate cancer education resources and support specifically for Black men diagnosed with prostate cancer. Our support groups under this initiative are currently fully remote, with the group being led by two licensed mental health professionals.

2nd and 4th Monday of each month at 8pm EST

To register please visit:
<https://zerocancer.org/get-support/black-mens-prostate-cancer-initiative/>



Young Adult Virtual Support Group for Neuroendocrine Tumor Patients

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

Thursday, January 16th
2-3pm

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



Radiating Strength: A Radiation Oncology Peer Support Group- Virtual

Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment.

Tuesday, January 21st
1-2pm

RSVP and Information:
Mariam.rahyab@mountsinai.org or
call 929-837-1119



Cedar Club: Chinese Speaking Cancer Patient Support Group 雪松會-華人癌友互助會

Lunar New Year is coming! Join us for a workshop given by Dr. Thida Aye. Let's discuss healthy tips during the holiday season!
農曆新年將至! 讓我們潘寶勤醫生一起探討新年期間的健康小貼士!

January 14th, 12-1pm
星期二, 1月14日, 中午12點至下午1點

To join via computer:
<https://mountsinai.zoom.us/j/7425875532>
通過電腦視頻加入會議的鏈接:
To join via telephone: dial 1-646-876-9923. Meeting ID: 742-587-5532
通過電話加入會議: 請先撥打1-646-876-9923, 然後輸入會議號碼742-587-5532

For more information, please contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org 212-604-6095/想要知道更多信息, 請聯繫執業臨床社工周宓小姐 郵箱 mi.zhou@mountsinai.org 或者電話212-604-6095



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



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, January 13th
12:15-1:15pm

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



Road to Resilience

A virtual group for people in recovery or actively using substances to process experiences and get support from one another while navigating cancer. This group is led by Oncology social workers and will meet virtually on the second Tuesday of each month.

Tuesday, January 14th
2-3pm

For the zoom link information please contact: Mariam Rahyab, LMSW 929-837-1119 or Becky Goldstein, LCSW 347-880-5358

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

M, U, L, T, I, P, L, E,

M, Y, E, L, O, M, A,

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 and 2nd Tuesday evening.

Tuesday, January 14th 6-7pm

Wednesday, January 29th 12-1pm

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

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, January 9th 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.

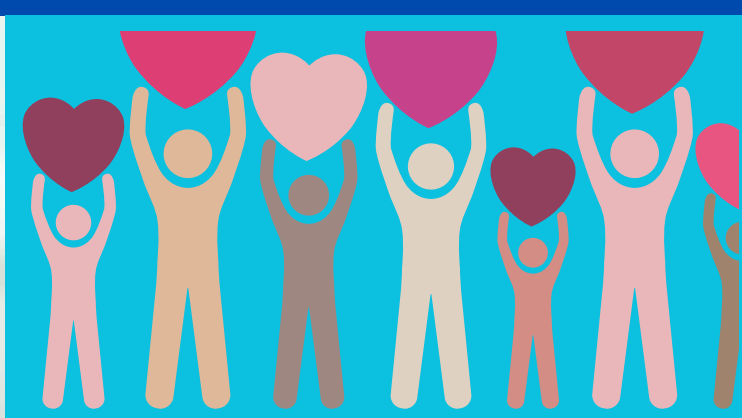
Mindful journaling allows our thoughts, feelings and experiences to take tangible form on paper, which helps us to become a better listener to ourselves during times of stress. No experience required.

Meets 1st & 3rd Tuesday of the Month

Tuesday, January 7th & 21st

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, January 8th, 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"

This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma. The group meets every 4th Wednesday of the month, 4:00-5:00pm.

Wednesday, January 22nd 4:00pm

*This month is the 3rd Wednesday of the month due to the holidays

RSVP and Zoom Information: YuMee.song@mountsinai.org (212) 824-8771

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

January 7th 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)



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. be the third Tuesday of the month at 1:30 PM.

Thursday, January 16th
6:30-7:30pm

For more information and zoom link please call Marissa Piazzolla
212-241-1258

Young Adult Breast Cancer Support Group

Members will be able to share their experiences and emotions in a non-judgmental space, fostering within the group a sense of community that can be difficult to find elsewhere. This virtual group is open to patients ages 20-early 50s and at all stages of disease, including survivorship, are welcome. Group meets the first Wednesday of the month. (Note this month we are meeting the 2nd Wed of the month)

Wednesday, January 8th
6:30-7:30pm

RSVP and receive zoom info 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, January 8th
1:30-2:30pm

For more information call
212-241-7748



ASK THE DIETITIAN: ALANNA

What can I do diet wise to help my low white blood cell count?"

What are white blood cells?

- These cells are in charge of fighting off sickness. White blood cells are made in our bone marrow.
- Often during cancer treatment these white blood cells can become decreased, and this can lead to a person being immunocompromised.

What can I do diet-wise to help increase white blood cells?

- There is no known food that will promote the growth of white blood cells.
- If you have low white blood cells, it is important to practice appropriate food safety to reduce the risk of foodborne illness. Food safety should include cooking food to the correct temperature, appropriate storage temperatures, avoiding expired foods, avoiding raw proteins like fish and meat, avoiding unpasteurized products and monitoring for any food recalls. It is also important to wash your fruits and vegetables well!

Resources:

<https://www.oncologynutrition.org/erfc/eating-well-when-unwell/white-blood-count-diet>



Post-Treatment/ Survivorship Support Group

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

Co-facilitated by SW Interns: Elise Noonan & Dana Segal

Thursday, January 9 & 23rd
12-1pm

Zoom Meeting ID: 742 587 5532
For more information contact:
Elise.noonan@mountsinai.org/ 212-367-1715



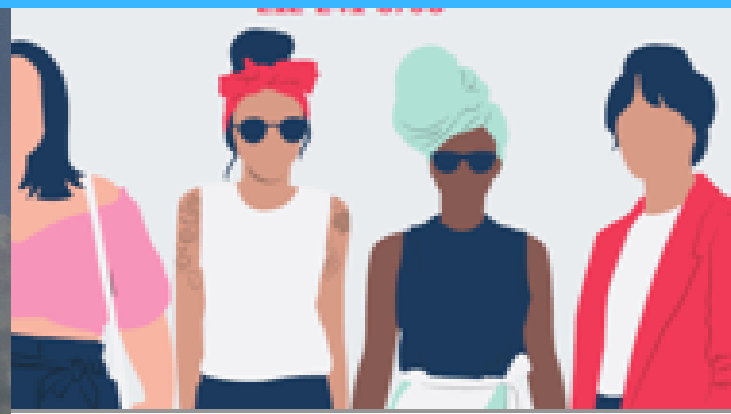
Advanced Care Planning Program online with Karpas Health

Nathalie Vieux-Gresham, MS, from the Tisch Cancer Institute within the Mount Sinai Health System is back to educate about advanced care planning and encourage other to discuss or write down their wishes for medical care should they become unable to communicate for themselves and discuss with those close to them. This program emphasizes the importance of preparing advance care directives with a doctor or other qualified healthcare professional and developing a healthcare proxy. The workshop also provides community members with resources and guidance on preparing a healthcare proxy and identifying individuals best suited for carrying out their healthcare desires if they are incapacitated.

Thursday, January 30th at 1pm

Please visit
<https://www.mountsinai.org/about/karpas-health-community-outreach>
to register

Bereavement Support Groups



Virtual Bereavement Support Groups

Blood Cancer Loss Support Group
Monthly drop-in adult bereavement support group in collaboration with the Leukemia & Lymphoma Society for people impacted by blood cancer loss.
<https://www.lls.org/event/bereavement-support-group-2024-0>.

This group meets the 2nd Thursday of the month from 12-1pm
January 10th, 12-1pm
RSVP: christina.lin2@mountsinai.org

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Navigating Grief, Loss and Bereavement
Monthly drop in for those impacted by a loss from any type of cancer. 1st Wednesday & 3rd Monday of every Month

January 8th 12-1pm & January 20th 6:30-7:30

RSVP: Samantha.idan@mountsinai.org

Spirituality Group with Karen Terry

This group is open to anyone impacted by cancer 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. Meets the third Thursday at 10am

Thursday, January 16th 10am

Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

Zoom Meeting ID- 978 6019 0373
Call in- 646-931-3860

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.

January 6th at 12pm

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



Woman to Woman: Updates in Immunotherapy for Cervical Cancer

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 a number of 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 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.

Wednesday, January 29th at 12:00pm

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



Woman to Woman: Pelvic Health & Rehabilitation

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 15th, 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.

Wednesday, January 15th at 12:00pm

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



Woman to Woman: Dancing Through Cancer with Zumba

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, we think having fun is key!

We hope you join us for a virtual Zumba class! Zumba is a Latin inspired aerobic dance class that feels like exercise in disguise. Easy to follow moves and good music, you'll leave feeling great from head to toe. 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.

January 10th at 10-10:30am

Zoom Meeting:
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

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, January 13th 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, January 14th 12-1:15pm

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



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. **Jan Book: Hildreds pick! A Society of Lies by Lauren Ling Brown**

January 29th at 7:00pm

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

Thriving with Woman to Woman: Nourishing Mind, Body, and Soul (Part 2)

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.

Meets the fourth Tuesday of every month

Tuesday, January 28th at 12pm

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



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
10-12pm

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



Moving for Life 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



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 W2W Programming? Email womantowoman@mountsinai.org



Yoga for Cancer Care Hybrid with the JCC

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. No prior yoga experience is needed.

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

Join Whitney Chapman

Mondays
6:15-7:30pm

Join us online or in person for this FREE Yoga for Cancer Care class via zoom or in the Mezzanine classroom at the JCC.

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



Healing Yoga For Women Impacted by Breast or Ovarian Cancer Hybrid with the JCC

Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body's ability to promote healing. In this healing yoga class, 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. 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 Jerry Snee, Certified Yoga Instructor

Thursdays, 6:45-8:00pm

In person room Mezzanine Classroom

Meeting ID: 889 9483 5222

Passcode: jccHealing



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>



Daily Drop in Facilitated Meditation Hybrid with the JCC

Daily Drop-In Meditation (hybrid) Activate peace and calm whether you're brand new to meditation or an experienced practitioner, all are welcome. Meditation will continue on Zoom with select dates also held in person (there will always be a virtual option).

Mornings: Mon-Fri, 7:30-8:30 am
Evenings: Mon-Thurs 5:45-6:45pm

Meeting ID: 942 4397 1448
Password: meditation

Please visit <https://mmjccm.org/fitness-wellness/> or contact boxoffice@mmjccm.org for additional information.



Zentangles: Beyond the Basics Online with the JCC

Join instructors and certified Zentangle teachers Kathy Shapiro + Sarah Reading to create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tangles 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: January 3, 10, 17, 24 & 31
11:30-12:30

You will receive a confirmation letter for your registration that will include the zoom link. Free for those being tested or treated for cancer. Please contact registration by email at boxoffice@mmjccm.org for additional info



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.

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

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, 29 de Enero 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.

Miércoles, 15th de Enero 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

LÍNEA DE AYUDA: 1-800-314-6948 800-314-6948