



FEBRUARY 2025 CANCER SUPPORT & WELLNESS NEWSLETTER



February 4th is World Cancer Day this day is an initiative to build global cancer awareness; join us from 10-2pm at 1468 Madison Ave, listen to speakers, music, meet our community partners and more! RSVP early for our annual Galentine's Day Bingo Bonanza at Chelsea on February 13th at 2pm. Register for the Meaning and Identity workshop on Feb 11th at 12pm. Our Chinese-speaking cancer support group is also having a Valentine's Day workshop at Chelsea on Feb 14th at 2pm. We hope to see you at one of our exciting programs! ❤️



Meaning and Identity Following Cancer Workshop

Cancer can change how you feel about yourself. You might feel like you've "lost" your old self or that you've "gained" a new self. Cancer can also change how you think about what your whom you like. In this Zoom workshop we'll explore and share common experiences. We will also discuss strategies for navigating cancer associated emotions. This workshop is presented by the Psychology team at Mount Sinai's Dubin Breast Center with support from Mount Sinai's Oncology Social Workers.

Tuesday February 11th
12-1:30pm

RSVP by scanning the QR code



GALENTINE'S DAY BINGO BONANZA



Galentine's Day Celebration in Person

Join us for our annual Galentine's Day celebration at Chelsea. We will have Bingo games, flower bouquet making, giveaways, game prizes and so much fun!

Thursday, February 13th
2-3:30pm

THE BLAVATNIK FAMILY CHELSEA MEDICAL CENTER
325 W 15TH STREET
MAIN CONFERENCE ROOM

**Due to limited capacity, this event is exclusive to active Mount Sinai oncology patients*

Please RSVP to CSSEvents@mountsinai.org or Emily Szafara, LMSW at 347-964-3093



World Cancer Day

Join us as we come together with speakers, live music, awards, and more! Meet representatives from the American Cancer Society, Cancer Care, SHARE, National Cervical Cancer Coalition, Saved 4 Life Cancer Corp, Red Door Community, National Marrow Donor Program, Leukemia and Lymphoma Society, Lymphoma Research Foundation, Harlem Strong, The Love House Foundation, The Creative Center, Cancer & Careers, Woman to Woman & more!

February 4th - 10am-2pm
1468 Madison Ave Guggenheim Pavillion Lobby

**Open to all patients, staff and community members*
Participate in our Instagram campaign using #upsidedownchallenge, #WorldCancerDay, #UnitedbyUnique and tag@mshscancersupportiveservices



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

February &

Journaling Workshops meet:

Wednesdays: February 5, 12, 19, 26

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

February 5, 19 & 26

**class will not meet on 2/12*

Monday February 24th

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.

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.

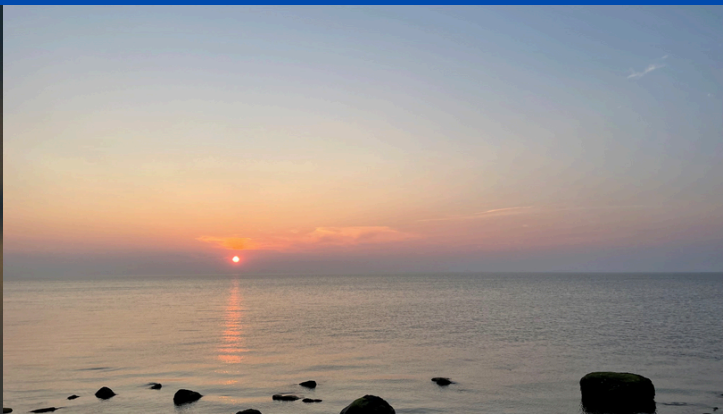
Wednesdays 2:30-4:00pm

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

February 3, 10 & 24

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

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



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, February 18th
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, February 10 & 24th
4-5pm

Zoom Meeting ID:
962 8790 2381

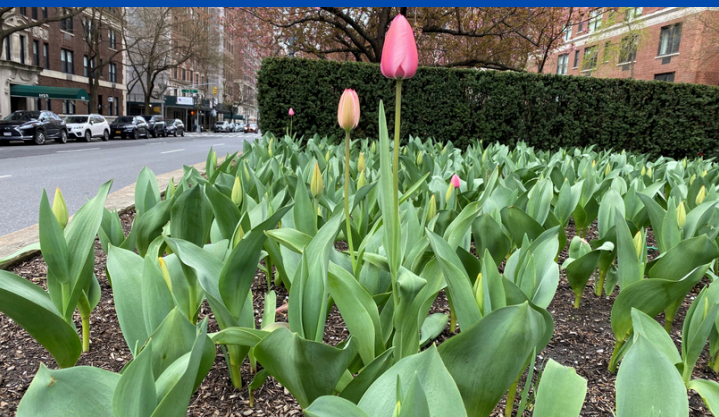
To learn more or RSVP:
sara.stoffmacher@mountsinai.org | (212) 523 - 7188
alyse.weinberg@mountsinai.org | (212) 523 - 7194

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, February 12th
11:00am-12:00pm

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



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, February 6th & 20th
12-1pm

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

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 saschacreativececntrnyc@gmail.com or cibelev@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



Wellness Wednesdays Support Group virtual

Join us for our Wellness Wednesdays group. Open to anyone experiencing cancer and 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.

Anxiety & Worry: Understand anxiety and learn coping strategies

February 12th - 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 Sense of Guilt, How Can We Cope? 雪松會-華人癌友互助會

Join us for a discussion! Meet friends with similar experiences. Let us support each other!

Tuesday, February 25,
2:00 - 3:00 PM

星期二, 2月25日, 下午2點至3點

To join via computer:

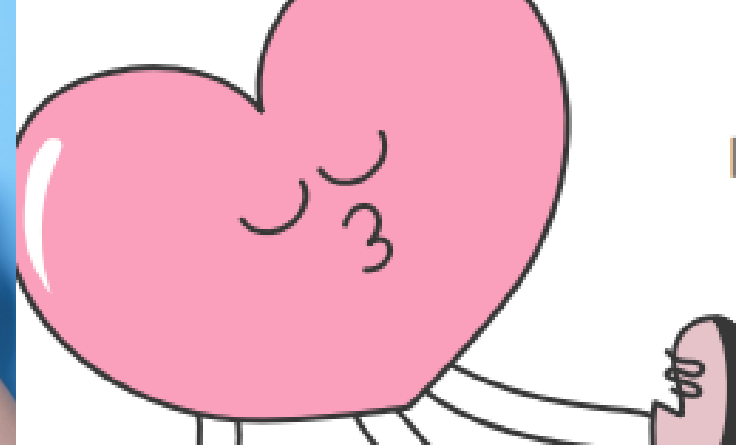
<https://mountsinai.zoom.us/j/7425875532>

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



Chinese-speaking Cancer Patients Support Group Valentine's Day Event 華人癌友支持小組-情人节特輯

Join us for discussion, writing letters and making craftwork to express love to people around you!

让我们互相支持, 写信做手工向周围的人表达你的爱吧

February 14th, 2-3pm
星期五, 2月14日, 下午2点- 3

To join in person: 325 W 15th St. N02 本人到场
For more information, please contact social work Intern Jinyi Zhang 更多信息请电邮社工实习生 jinyi.zhang@mountsinai.org: 西15街325号N02

To join via computer: 通过电脑加入视频会议
<https://mountsinai.zoom.us/j/7425875532>



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, February 21st
2-3pm

Facilitators: Jessica Waldman, LCSW
RSVP to get the zoom link:
gioncsw@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, February 10th
12:15-1:15pm

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



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, February 5th
12pm

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 and 2nd Tuesday evening.

Tuesday, February 11th 6-7pm
Wednesday, February 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, February 13th 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, February 4th & 18th

4-5pm

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

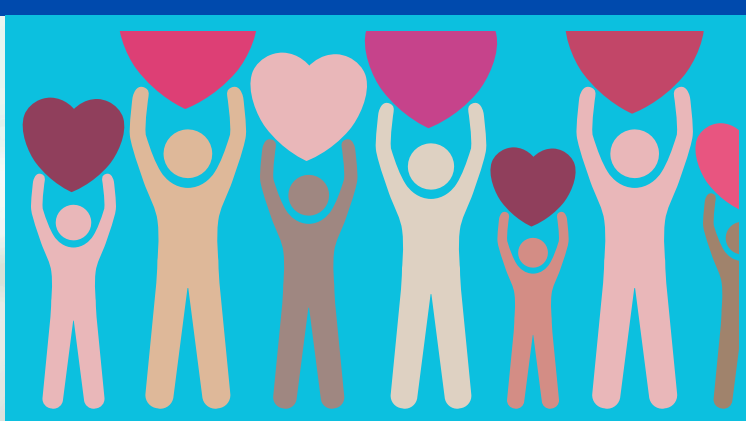


Caring for the Caregiver Multiple Myeloma Caregiver Support Group

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, February 12th, 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.

For dates and further information, reach out to: MMsocialwork@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

February 4th 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, February 20th
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, February 12th
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, February 12th
1:30-2:30pm

For more information call
212-241-7748



ASK THE DIETITIAN: ALANNA

What are probiotics and prebiotics and what do they do?

What are probiotics and prebiotics?

·Probiotics are a type of bacteria found in our digestive tract and in certain foods. Many people know them for their help with “gut health”; meaning they can help with digestion, but they can also promote a healthy immune system!

Some examples of probiotics are fermented foods such as yogurt, kefir, sourdough bread, kombucha and much more.

·Prebiotics help to feed the probiotics. Some examples of prebiotics are foods high in fiber such as fruits, vegetables, whole grains, and beans.

What can prebiotics and probiotics do for me?

·Probiotics and prebiotics help with our digestive track. They can help us breakdown food and help with inflammation.

·If you are experiencing digestion issues incorporating different probiotics and prebiotics might be helpful.

·Before starting a supplement probiotic best to consult your doctors as many treatments for cancer can cause individuals to become immunocompromised and probiotics are live bacteria.

Resources: <https://www.aicr.org/resources/blog/for-colorectal-cancer-month-learn-how-to-keep-your-gut-healthy-in-treatment-says-oncology-expert/>



Neuropathy online with Karpas Health

Join Dr. Vanessa Tiongson, Neurologist with The Mount Sinai Health System for a presentation on Neuropathy.

Neuropathy is a form of nerve damage that affects many people. Dr. Tiongson will discuss the causes, symptoms, treatment, and prevention.

Wednesday, February 5, 2025

1:30 to 2:30pm

Please visit

<https://www.mountsinai.org/about/karpas-health-community-outreach>

to register



Medicare in 2025 online with Karpas Health Information Center

Join us as Eric Hausman discusses the latest information on Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage and Medicare Part D, along with programs that help with Medicare costs – Extra Help/LIS, EPIC and the Medicare Savings Programs.

Thursday, February 6th

1-2:30pm

To register by phone

212-420-4247

Email:

Karpas.Health@mountsinai.org



Writer's Circle with Woman to Woman

Use creative writing as a tool for self-discovery, mindfulness, and personal growth, focusing on how thoughts, words, and actions influence physical and emotional health. Woman to Woman survivor volunteer at Eugenia Nascimento will lead this session.

Thursday, February 6th

12pm

Join Zoom Meeting:

Meeting ID: 208 938 0884



Spirituality Group with Karen Terry

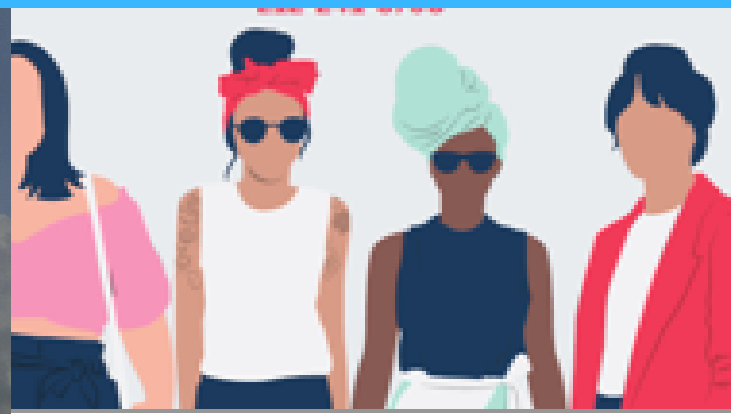
This group is open to anyone impacted by cancer Led by board certified interfaith chaplain, Karen Terry, the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly and participants of all belief systems are welcome. You do not have to be 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, February 20th 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.

February 3rd at 12pm

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



Woman to Woman: Moving For Life lecture on Bone Health – Getting Stronger and Staying Taller

Join us for a talk on bone health with Dr Martha Eddy, designer of Moving For Life for Cancer Recovery. Having strong bones plays an important role in reducing the chances of injuries along with being able to stay active with varied daily tasks and recreational activities. We will be discussing what proper bone health is and how to do our best in keeping our bones strong through exercise, posture and body awareness.

Monday, February 10th at 12:00pm

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



Woman to Woman: SIBO Myths Debunked for Gynecologic Cancer Survivors with Dr. Yevgenia Pashinsky

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.

Wednesday, February 26th 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.

February 28th 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
***no group 2/12**

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, February 24th
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, February 11th
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. **Feb Book: Sally's pick! The Lies We Leave Behind by Noelle Salazar**

February 26th 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, February 25th at 12pm

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

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
February 13th, 12-1pm
RSVP: christina.lin2@mountsinai.org

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
February 5th 12-1pm & 24th 5:30-6:30
RSVP: Samantha.idan@mountsinai.org



Beginner Pelvic Floor Workshop online at the JCC

Strengthen the pelvic floor, including variations of Kegels and reverse Kegels, as well as other complementary exercises. Wear loose-fitting clothing and bring a towel or mat. Women only.

You will receive a Zoom link prior to class. If you register within 30 mins of class start time please email boxoffice@mmjccm.org to receive the link.

Wednesday, February 12th
11:00am- 11:45am

Free for those being tested or treated for cancer. To receive the discount code go to mmjccm.org/cancer-care to complete an intake form and receive a discount code to use at check



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.

Questions about W2W Programming? Email womantowoman@mountsinai.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.



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
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 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.

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



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



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, 26 de Febrero 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, 19th de Febrero 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