

MSDOWNTOWN PACC, MSDOWNTOWN CHELSEA, MS WEST, MS ST LUKES **SUPPORT & WELLNESS PROGRAMS: MARCH 2017**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>***See reverse side under JCC for information regarding Saturday Moving for Life exercise class***</p> | | <p>1 7:30-8:30 Meditation (JCC) 12:00- 1:00 Moving for Life (JCC) 1:00-2:00 Meditation (CCC) 3:00-5:00 Journaling Workshop (CCC) 3:15-4:45 Yoga for Women (PACC) 5:45-6:45 Daily Meditation (JCC) 6:00-7:30 Prostate Cancer Support Group (PACC) 6:00-7:00 Stay off Smoking (SOS) (PACC)</p> | <p>2 7:30-8:30 Meditation (JCC) 9:30-12:30 Legal Health (PACC) 9:30-10:30 Water Ai Chi Pool (JCC) 12:00-2:00 Knitting (PACC) 4G-01 3:00-4:30 Yoga for Men (JCC) 3:00-4:00 Sexuality & Intimacy Workshop (CCC) 4:00-5:00 Moving for Life (CCC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women (JCC)</p> | <p>3 7:30-8:30 Meditation (JCC) 11:00-12:00 Qi Gong/T'ai Chi Chih® (CCC) 2:00-3:30 Yoga for People with Cancer (CCC) 2:00-3:00 Weight Management Group (WEST)</p> |
| <p>6 7:30-8:30 Meditation (JCC) 11:00-12:00 Coffee Talk (CCC) 11:00-12:00 Caregiver Support Group (WEST) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 6:00-7:30 Gay Mens Prostate Cancer Support Group (PACC) 2nd Fl 6:30-8:30 Reiki (PACC) 2nd Fl Rm1</p> | <p>7 7:30-8:30 Meditation (JCC) 8:30-10:00 Renewal Pool & Exercise (Y) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-8:00 Sobriety & Cancer (PACC) 7:00-9:00 The Art of Tough Conversations (JCC)</p> | <p>8 7:30-8:30 Meditation (JCC) 12:00- 1:00 Moving for Life (JCC) 1:00-2:00 Meditation (CCC) 2:30-4:30 LatinaSHARE (MSSL) 3:00-5:00 Journaling Workshop (CCC) 3:15-4:45 Yoga for Women (PACC) 5:45-6:45 Daily Meditation (JCC) 6:00-7:00 SOS (PACC) 4G01 6:00-7:30 Prostate Cancer Support (PACC)</p> | <p>9 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 10:00-11:00 Caregiver Support (PACC) 11:00-11:30 Mindfulness (PACC) 2:00-3:00 Caregiver Support Group (CCC) 3:00-4:30 Yoga for Men (JCC) 4:00-5:00 Moving for Life (CCC) 5:00-6:00 Moving for Life Workshop: Personal Exercises for Stress Reduction (CCC) 5:45-6:45 Daily Meditation (JCC) 6:00-7:00 Leukemia, Lymphoma, and Myeloma Support Group (WEST) 6:45-8:00 Healing Yoga for Women (JCC)</p> | <p>10 7:30-8:30 Meditation (JCC) 11:00-12:00 Qi Gong/T'ai Chi Chih® (CCC) 2:00-3:30 Yoga for People with Cancer (CCC) 2:00-3:00 Weight Management Group (WEST)</p> |
| <p>13 7:30-8:30 Meditation (JCC) 11:00-12:00 Coffee Talk (CCC) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 7:00-8:30 Feldenkrais For Cancer Care (JCC) 7:30-8:30 Reiki (PACC) 2nd Fl Rm 1</p> | <p>14 7:30-8:30 Meditation (JCC) 8:30-10:00 Renewal Pool & Exercise (Y) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-8:00 Sobriety & Cancer (PACC)</p> | <p>15 7:30-8:30 Meditation (JCC) 10:00-4:00 Legal Health (CCC) 12:00-1:00 Moving for Life (JCC) 12:30-2:00 LatinaSHARE (CCC) 3:00-5:00 Journaling Workshop (CCC) 3:15-4:45 Yoga for Women (PACC) 4A 5:45-6:45 Daily Meditation (JCC) 6:00-7:30 Prostate Cancer Support Group (PACC) 6:00-7:00 SOS (PACC) 4G01</p> | <p>16 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 11:00-1:00 Look Good Feel Better (CCC) 12:00-2:00 Knitting (PACC) 4G-01 12:30-2:30 Get a Good Night's Sleep (JCC) 3:00-4:30 Yoga for Men (JCC) 4:00-5:00 Moving for Life (CCC) 5:45-6:45 Daily Meditation (JCC) 6:30-8:00 Advanced Prostate Cancer Support Group (PACC) 4A 6:45-8:00 Healing Yoga for Women (JCC)</p> | <p>17 7:30-8:30 Meditation (JCC) 11:00-12:00 Qi Gong/T'ai Chi Chih® (CCC) 2:00-3:30 Yoga for People with Cancer (CCC) 2:00-3:00 Weight Management Group (WEST)</p> |
| <p>20 7:30-8:30 Meditation (JCC) 11:00-12:00 Coffee Talk (CCC) 11:00-12:00 Caregiver Support Group (WEST) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 6:30-8:30 Reiki (PACC) 2nd Fl Rm 1 7:00-9:00 Intro to Meditation (JCC)</p> | <p>21 7:30-8:30 Meditation (JCC) 8:30-10:00 Renewal Pool & Exercise (Y) 11:00-12:00 Social Work & Nutrition Table Event (CCC) 12:00-1:00 Survivorship Lecture Series: Nutrition Lecture 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-8:00 Sobriety & Cancer (PACC) 7:00-8:00 Reasons Behind Weight Loss Failure + How to Succeed (JCC)</p> | <p>22 7:30-8:30 Meditation (JCC) 10:00-11:00 Caregiver Support (PACC) 10:00-2:00 Social Work & Nutrition Table Event (WEST) 12:00- 1:00 Moving for Life (JCC) 1:00-2:00 Meditation (CCC) 2:30-4:30 LatinaSHARE (MSSL) 3:00-5:00 Journaling Workshop (CCC) 3:15-4:45 Yoga for Women (PACC) 2Fl 5:45-6:45 Daily Meditation (JCC) 6:00-7:00 SOS (PACC) 4G-01 6:00-7:30 Prostate Cancer Support (PACC)</p> | <p>23 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 11:00-11:30 Mindfulness (PACC) 12:-15-1:15 Spanish Speaking Nutrition Workshop (PACC) Nutricion y el Cancer 12:00-2:00 Knitting (PACC) 4G-01 2:00-4:00 SPOHNC (PACC) 2:00-3:00 Caregiver Support Group (CCC) 3:00-4:30 Yoga for Men (JCC) 4:00-5:00 Moving for Life (CCC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women (JCC)</p> | <p>24 7:30-8:30 Meditation (JCC) 11:00-12:00 Qi Gong/T'ai Chi Chih® (CCC) 2:00-3:30 Yoga for People with Cancer (CCC) 2:00-3:00 Weight Management Group (WEST)</p> |
| <p>27 7:30-8:30 Meditation (JCC) 11:00-12:00 Coffee Talk (CCC) 11:00-12:00 Caregiver Support (WEST) 12:00-1:00 Chemobrain Workshop (PACC) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 6:30-8:30 Reiki (PACC) 2nd Fl Rm 3</p> | <p>28 7:30-8:30 Meditation (JCC) 8:30-10:00 Renewal Pool & Exercise (Y) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-8:00 Sobriety & Cancer (PACC)</p> | <p>29 7:30-8:30 Meditation (JCC) 12:00- 1:00 Moving for Life (JCC) 1:00-2:00 Meditation (CCC) 3:00-5:00 Journaling Workshop (CCC) 3:15-4:45 Yoga for Women (PACC) 2Fl 5:45-6:45 Daily Meditation (JCC) 6:00-7:00 SOS (PACC) 4G-01 6:00-7:30 Prostate Cancer Support (PACC)</p> | <p>30 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 11:00-11:30 Mindfulness (PACC) 12:00-2:00 Knitting (PACC) 4G-01 2:00-4:00 SPOHNC (PACC) 3:00-4:30 Yoga for Men (JCC) 4:00-5:00 Moving for Life (CCC) 5:30-7:00 Updates in Myeloma (PACC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women (JCC)</p> | <p>31 7:30-8:30 Meditation (JCC) 11:00-12:00 Qi Gong/T'ai Chi Chih® (CCC) 2:00-3:30 Yoga for People with Cancer (CCC) 2:00-3:00 Weight Management Group (WEST)</p> |

For Further Information & Registration:

MSDOWNTOWN- Union Square PACC 10 Union Sq. East 212-844-6022
Y-1st Ave. & 14th St. 212-780-0800
MSDOWNTOWN CCC Chelsea Center- 325 West 15th St. 212- 367-1780
KHIC- Karpas Health Info Center- 212-420-4247 www.KarpasHealth.org

MSWEST (formerly Roosevelt)- 1000 10th Avenue 212-523-6454
JCC- 334 Amsterdam Ave. & 76th St. 646-505-4444
MSSL- Mount Sinai St. Luke's- 440 W 114th St. & Amsterdam

MS DOWNTOWN Chelsea Center (CCC): 325 West 15th Street

Sexuality & Intimacy Workshop for Women in Treatment and After Treatment: 1st Thursday of Month 3-4pm Med Onc Conference Rm Area J Rm 18 RSVP please call Nancy Bourque, LCSW 212-604-6097

Coffee Talk: Mondays, 11:00am-12pm Conference Room Area J. Support Group for Women with Cancer. Registration is required; please call Michelle Abraham, LCSW, 212-604-6098 michelle.abraham@mounsinai.org

Latina SHARE: 12:30-2:00. Estos grupos son facilitados por voluntarios etrenadas quienes han tenido una experiencia similar. Comparta informacion, experiencias, sentimientos y estrategias para aceptar y combatir aspetos negativos de la enfermedad. Para informacion, llame al 212-221-1626

Legal Health (NYLAG) Clinic: Wednesday 10:00 am- 4:00 pm Monthly Medical Onc. Conference Room/ Area J. Lawyers available for guidance. Appointments must be made in advance. RSVP to social worker

Look Good, Feel Better: Alternating between PACC Thurs 10-12pm 4th Fl A & WEST Thurs 11am-1pm Main Conf Rm. Free makeup workshop. Registration required. For either session call the American Cancer Society to register 1-800-227-2345 option 1

Moving for Life: Dance Exercise for Cancer Recovery Thurs. 4pm-5pm main conference room. For more Information: call Michelle Abraham LCSW 212 604-6098 or email michelle.abraham@mounsinai.org.

Moving for Life Workshop: Personal Exercises for Stress Reduction: short lecture, interactive discussion and exercise to address cancer treatment side effects Main Conf Room March 9th 5-6pm call 212 604-6098

Journaling Workshop: 3-5pm Wednesdays Radiation Oncology Conference Room, RSVP 212-844-8575 or email slansing@chpnet.org

Qi Gong/T'ai Chi Chih®: Fridays 11-12pm Main Conference Room weekly classes with a set of movements focused on the development of an intrinsic energy called Chi. Tai Chi Chih does not require particular level of physical fitness or coordination. To RSVP 212-844-8575 or email slansing@chpnet.org

Yoga for People with Cancer: 2-3:30pm Main Conf Room weekly yoga classes include gentle exercise combined with visualization to help you relax & revitalize; to RSVP 212-844-8575/email slansing@chpnet.org

Caregiver Support Group: 2pm Medical Oncology Conference Room. Please contact 212-367-0187 or email SeAli@chpnet.org

Meditation: Wednesdays 1-2pm, multi-purpose room breast center, facilitated by Alice Fox, PA, for registration please email Michelle.abraham@mounsinai.org or call 212-604-6098

Survivorship Lecture Series & SW and Nutrition Table Event: Put your Best Fork Forward: March 21 12:00-1:00pm nutritious, quick & easy recipes, food demonstration, info on National Nutrition Month's campaign, join our table to obtain information about our programs and services RSVP Michelle.abraham@mounsinai.org/212-604-6098

MS DOWNTOWN: Union Square PACC 10 Union Square East

Multiple Myeloma Event: Updates in Myeloma: March 30th 5:30-7pm 2nd Floor Auditorium light refreshments will be served, Dr. Shapira, Dr. Chari and Emily Buchholtz, RD presentation register gunjan.koul@lls.org 212-376-4656

Caregiver Support Group: 10-11am Bogart conference room, for more information or to rsvp email Shannon at smorton@chpnet.org or call 212-844-6072

Yoga for Women: Wednesdays, 3:15-4:45 pm, 2nd Floor conference room 1. For more information, please call 212-844-6022

Reiki: Living Light™ Reiki Mondays, 6:30-8:30pm, 2nd Floor conference room 1 & 2. For more information, please call 201-280-5229- 2nd Monday of the month start time is 7:30 pm. 4th Monday conference room 3.

Chemobrain Workshop: Monthly Monday, 12:00pm-1:00pm, Bogart Conference Room 4A. Practical cognitive strategies & skills, regain control of memory & attention problems, lower stress during and after treatment. For more information, please call 212-844-8575. Available by videoconference to BI WEST radiation oncology conference room

LegalHealth (NYLAG): Thursday 9:30-12:30 Monthly Lawyers available for guidance. Appointments must be scheduled in advance. RSVP to social worker or call 212-844-6292

Renewal-Pool Program: Tuesdays, 8:30am-10:00am, Y-1st Ave. & 14th St. A program for women with breast cancer that combines relaxation and gentle exercises in the studio and completes the program with Aquatic Exercises & Ai Chi in the pool. For more information, please call 212-844-6022.

SQS- Stay off Smoking Support Group: Wednesdays 6:00-7:00pm PACC 4th Floor 4G-01. For more information, please call Ilene Alpert 212-844-1349

SPOHNC- Support for People with Oral Head and Neck Cancer: 4th Thursday of every month 5th Floor Conference Room B. For more information, please call 212-844-8775

Sobriety & Cancer: Tuesdays, 7:00-8:00pm Bogart Conference Room 4A. Open AA meeting for survivors in sobriety cancer related. For more information please call 917-215-5480

Malecare Prostate Cancer Support Group: Wednesdays, 6-7:30pm, 2nd Floor Conference Room 3. For more information please call 212-673-4920

Malecare Gay Men's Prostate Support Group: First Monday of the month, 6:00-7:30pm, 2nd Floor, Conference Room 1 For more information please call 212-673-4920-

Malecare Advanced Prostate Cancer Support Group: Third Thursday of the month, 6:30-8pm, Bogart Conference Room 4A. For more information please call 212-673-4920

Lymphedema Workshop: Bogart Conference Room 4A. Educational workshop for breast surgery patients. For more information, please call 212-844-8575 every six weeks

Knitting Circle: Thursdays For more information, please call Sandy Lansinger 212-844-8575

Spanish Speaking Nutrition Workshop, Nutricion y el Cancer, Cada Bocado Cuenta: March 23, guest speaker Monica Gonzalez, RD, CDN Bogart 4A conference room 12:15-1:15 RSVP Darren Arthur, LCSW 212-844-6292

Mindfulness: 11-11:30am Bogart Conf Room 4A, join us as we explore how mindfulness can improve your health, reduce symptoms of stress & anxiety & enhance well-being RSVP to Peter Flores, SWI 212-870-7916 peflores@chpnet.org

JCC- 334 Amsterdam Ave. & 76th St. For more information contact 212-523-7275 Please note programs listed with * are geared towards individuals recovering from breast surgery

Yoga for Men Who Are Cancer Survivors: Thursdays, 3-4:30pm for more information, contact 212-844-6022 for info or email rlschine@aol.com Makom Room 7th Floor

***Healing Yoga for Women with Breast or Ovarian Cancer:** 6:45-8:00pm Thursdays, please call 212-523-7275 Mezzanine level

***Yoga+ Nia Brain + Body Fitness:** 4-5:15pm Tuesdays for women with cancer increase stamina and strength, blend of dance, martial arts, and yoga Makom Room 7th Floor, please call 212-523-7275

***Aerobics: Moving for Life:** Wednesdays, 12:00-1:00pm for more information, please call 212-523-7275 Makom Room 7th Floor

***Water Ai Chi Pool Program:** A water exercise program for women living with cancer, Thursdays, 9:30am-10:30am please call 212-523-7275 Pool 6th floor

***Moving for Life:** Gentle Cardio workout- **Saturdays** 11:00- 12:00 pm To register call 212 523-7275 ongoing Saturdays

***Daily Instructed Meditation:** Mon-Fri 7:30-8:30am and Mon-Thurs 5:45-6:45, drop in facilitated daily meditation, no registration necessary, 646-505-5726 Makom Room 7th Floor

***The Real Reasons Behind Weight Loss Failure + How to Succeed:** March 21 7-8pm, Join Dr. Chekuri who will discuss latest research on why we fail at weight loss and learn strategies for success. JCCmanhattan.org to register

***Get a Good Night's Sleep:** March 16 12:30-2:30pm Join Beatrice Todres a psychologist and meditation teacher to find relief. \$18/\$20, free for those being treated for breast cancer within in the MSHS system. Call 646-505-5734 to register

***Feldenkrais For Cancer Care:** March 13, 7-8:30pm, Marilyn Bakun, Feldenkrais Method Practitioner will explore gentle coordinated movements designed to improve mobility in times of stress, there will be time for Q&A. Free to register jcc.manhattan.org/cancer-care

***Introduction to Meditation:** March 20 7-9p. Learn the basics of meditation, understand what it means to develop a practice and time for Q&A. \$18/\$20 *free for those being treated for breast cancer in the MSHS. Call 646-505-5734

***The Art of Tough Conversations:** March 7th 7-9pm Laurie Gerber + Elena Brower will walk you through steps of crafting conversations you want and need to have. Call 646-505-5734 \$25 *free for those being treated in the MSHS

MSWEST- Mount Sinai WEST (formerly MS Roosevelt)- 1000 10th Avenue

Social Work and Nutrition Month Table Event: March 22 10am-2pm Join us for this table event to obtain information about our programs and services and giveaways for more information please contact lori.schwartz@mounsinai.org

Leukemia, Lymphoma & Myeloma Support Group: Monthly 2nd Thurs of the month 6-7pm Winston Conference Room 1st Floor, for more info or to RSVP call Inez 212-376-4770, refreshments will be served.

Weight Management: 2:00-3:00pm Learn how to eat healthy & lose weight. Fridays, lower level conf room Main Hospital, Registration required, RSVP Michelle Weisberger, RD 212- 636-3068

Writing Workshop: Winston Conference Room, 1st floor Mondays, 2-3pm for more information or to RSVP contact Lori Schwartz, LCSW-R, OSW-C, 212-523-6454 or lori.schwartz@mounsinai.org

Caregiver Support Group: 11c-02 11-12pm Mondays rsvp to Stacy Dutra sdutra@chpnet.org

MSSL- Mount Sinai St. Luke's -114th St. & Amsterdam Ave

LatinaSHARE: Wednesdays 2:30-4:30 Muhlenberg Auditorium 4th Floor. Para informacion, llame al 212-221-1626 Support group in Spanish for women with Breast and Ovarian Cancer. 3/22 Directivas por Avanzado Testamento Viviente Y Poder Legal* Register 212- 221-1626