

Mount Sinai Union Square & Mount Sinai Chelsea **SUPPORT & WELLNESS PROGRAMS: SEPTEMBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day Hospital Holiday	4 8:30-10:00 Renewal Pool & Exercise (Y) 11:00-12:00 Embracing the New Normal (MSC) 7:00-8:00 Sobriety & Cancer (MSUS)	5 10:00-12:00 Guided Imagery offered in the infusion suite (MSC) 11:00-12:00 Meditation to Prepare for Surgery (MSC) 1:00-2:00 Meditation (MSC) 3:00-5:00 Journaling Workshop (MSC) 3:15-4:45 Yoga for People with Cancer (MSUS) 2 nd Fl 6:00-7:00 SOS (MSUS)	6 9:30-12:30 Legal Health (MSC) 12:00-2:00 Knitting (MSUS) 4G-01 4:00-5:00 Moving for Life Dance Exercise (MSC)	7 11:00-12:00 T'ai Chi Chih® (MSC) 2:00-3:30 Yoga for People with Cancer (MSC)
10 6:30-8:30 Reiki (MSUS) 2 nd Fl	11 11:00-12:00 Embracing the New Normal (MSC) 1:00-3:00 Brain Tumor Support Group (MSUS) 7:00-8:00 Sobriety & Cancer (MSUS)	12 1:00-2:00 Meditation (MSC) 3:00-5:00 Journaling Workshop (MSC) 3:15-4:45 Yoga for People with Cancer (MSUS) 2 nd fl 6:00-7:30 Malecare Prostate Cancer Support Group (MSUS) 2 nd flr 6:00-7:00 SOS (MSUS)	13 10:00-12:00 Look Good Feel Better (MSC) 12:00-2:00 Knitting (MSUS) 4G-01 4:00-5:00 Moving for Life Dance Exercise (MSC)	14 11:00-12:00 T'ai Chi Chih® (MSC) 2:00-3:30 Yoga for People with Cancer (MSC)
17 1:00-2:00 Vocal Ensemble (MSC) 3:00-4:00 Coffee Talk (MSC) 6:30-8:30 Reiki (MSUS) 2 nd Fl	18 8:30-10:00 Renewal Pool & Exercise (Y) 7:00-8:00 Sobriety & Cancer (MSUS)	19 1:00-2:00 Meditation (MSC) 3:15-4:45 Yoga for People with Cancer (MSUS) 2 nd fl 6:00-7:30 Malecare Prostate Cancer Support Group (MSUS) 2 nd flr 6:00-7:00 SOS (MSUS)	20 10:00-2:00 Legal Health (MSC) 12:00-2:00 Knitting (MSUS) 4G-01 2:30-4:00 LatinaSHARE (MSC) 4:00-5:00 Moving for Life-Spanish (MSC) 5:00-6:00 Moving for Life Workshop: Weight Management in Spanish/ Control de Peso (MSC) 6:30-8:00 Malecare Advanced Prostate Cancer Support Group (MSUS) 4 th Fl	21 2:00-3:30 Yoga for People with Cancer (MSC)
24 12:00-1:00 Chemobrain Workshop (MSUS) 1:00-2:00 Vocal Ensemble (MSC) 3:00-4:00 Coffee Talk (MSC) 6:30-8:30 Reiki (MSUS) 2 nd Fl	25 8:30-10:00 Renewal Pool & Exercise (Y) 2:00-3:00 Hypnosis & Guided Imagery to Prepare for Surgery (MSC) 7:00-8:00 Sobriety & Cancer (MSUS)	26 10:00-12:00 Guided Imagery offered in the infusion suite (MSC) 12:00-3:00 Cook for Your Life (MSC) 1:00-2:00 Meditation (MSC) 3:00-5:00 Journaling Workshop (MSC) 3:15-4:45 Yoga for People with Cancer (MSUS) 5 th Fl, 5K-04 5:30-7:30 Prostate Cancer Event: Celebrating 20 years of Malecare Support Groups (MSUS) 2 nd floor 6:00-7:00 SOS (MSUS) 2 nd Fl	27 12:00-2:00 Knitting (MSUS) 4G01 2:00-4:00 SPOHNC (MSUS) 4:00-5:00 Moving for Life Dance Exercise - Mandarin (MSC)	28 11:00-12:00 T'ai Chi Chih® (MSC) 1:00-2:00 Online Workshop for People with High Risk Genetics: Screenings for People with Hereditary Cancer Syndromes (MSUS) 2:00-3:30 Yoga for People with Cancer (MSC)

For Further Information & Registration:

Mount Sinai Union Square (MSUS) formerly PACC - 10 Union Square East 212-844-6022
14th Street Y (Y) -1st Ave. & 14th St. 212-780-0800
Mount Sinai Chelsea (MSC) - 325 West 15th St. 212- 367-1780
KHIC- Karpas Health Info Center- 212-420-4247 www.KarpasHealth.org

[Mount Sinai Chelsea \(MSC\): 325 West 15th Street](#)

Cook for Your Life: Make It Easy: Cooking in Early Fall: 12:00-3:00pm Main Conference Room RSVP required space is limited! Chelsey Schneider [212-604-6096](tel:212-604-6096)

Chelsey.schneider@mounsinai.org Hands on cooking class

Coffee Talk: Mondays, 3:00pm-4pm Main Conference Room. Support Group for Women with Cancer. Registration is required; please call Michelle Abraham, LCSW, 212-604-6098 michelle.abraham@mounsinai.org

Latina SHARE: 2:30-4:00. 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: 3rd Thursday 10:00 am- 2:00 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 MSUS Thurs 10-12pm 4th Fl & Chelsea Thurs 10am-12pm. Free makeup workshop. Registration required. For either session call the American Cancer Society to register 1-800-227-2345 opt 1

Moving for Life: Dance Exercise for Cancer Recovery Thurs. 4pm-5pm main conference room area H H-01. For more Information: call Michelle Abraham LCSW 212 604-6098 or email michelle.abraham@mounsinai.org. Third Thursday of the month bilingual Spanish, fourth Thursday of the month bilingual Mandarin

Moving for Life Workshop: Control de Peso: Lograr un Indice de Masa Corporal Saludable: Sept 20th short lecture, interactive discussion and exercise to address cancer treatment side effects Main Conf Room 5-6pm call 212 604-6098

Journaling Workshop : 3-5pm Rad Onc conf room, RSVP 212-844-8575 or email sandy.lansinger@mounsinai.org

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 sandy.lansinger@mounsinai.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 sandy.lansinger@mounsinai.org

Meditation: Wednesdays 1-2pm, check with front desk for conference room, Facilitated by Alice Fox, PA, for registration please email Michelle.abraham@mounsinai.org or call 212-604-6098

Using Hypnosis & Guided Imagery Techniques to Prepare for Surgery: 2-3pm Main Conf Room, Facilitated by Nancy Bourque, LCSW 212-604-6097 for more information

Vocal Ensemble: Sing With Us: Mondays Main Conf Room, 1-2pm, open to anyone affected by cancer: patients, survivors, caregivers. Encouraging singers of all levels to sing share and enjoy their voice. RSVP not required, for more information please contact Andrew.rossetti@mounsinai.org

Embracing the New Normal: Conference Room N-02 Join us for a discussion around body image, relationships, learning how to accept changes as well as addressing emotional and physical concerns, RSVP (212) 604-6097 Nancy Bourque, LCSW, OSW-C & Nancy Roeklein, NP

Guided Imagery During Chemotherapy: Individual guided imagery is available in the infusion suite Wed 10am-12pm, for more information please contact 212-604-6097

[Mount Sinai Union Square \(MSUS\): 10 Union Square East \(formerly PACC\)](#)

Prostate Cancer Event in Recognition of 20 years of Malecare Prostate Cancer Support Groups: Sept 26th 5:30-7:30pm Introductions by Dr. Kelly Cassano, Panelists, Dr. William Oh & Dr. Robert Stewart, moderated by Darryl Mitteldorf, LCSW, RSVP Darren Arthur, LCSW 212-844-6292, light refreshments will be served.

Online Workshop for People with High Risk Genetics Topic: Screenings for People with Hereditary Predisposition to Cancer: 1-2pm for more information or to register call 212-844-6072 or email Julia.Shaner@mounsinai.org

Yoga for People with Cancer: 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 info, please call 201-280-5229- 2nd Mon of the month start time 7:30 pm.4th Mon conf rm 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

LegalHealth (NYLAG): 1st 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

SOS- Stay off Smoking Support Group: Wednesdays 6:00-7:00pm MSUS 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 Conf 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- **Not meeting in Sept**

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

Knitting Circle: Thursdays 12-2pm For more information, please call Sandy Lansinger 212-844-8575 sandy.lansinger@mounsinai.org

Brain Tumor Support Group: 2nd Tues of the month 1-3pm 5K04 call Kat Safavi, LCSW Registration required 212-844-6922 presenters Elizabeth Kohan, NP & Dr Hadjipnayais, group is open to newly diagnosed, caregivers.