<table>
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<th>Monday</th>
<th>Tuesday</th>
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<td><strong>1</strong></td>
<td><strong>Hospital Holiday</strong></td>
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</tbody>
</table>
| 8      | 1:00-2:00 Vocal Ensemble: Sing with Us (MSC)  
3:00-4:00 Coffee Talk (MSC)  
6:30-8:30 Reiki (MSUS) 2nd Fl |  |  |  |
| 9      | 8:30-10:00 Renewal Pool & Exercise (Y)  
7:00-8:00 Sobriety & Cancer (MSUS) |  |  |  |
| 10     | 10:00-12:00 Guided Imagery offered in the infusion suite (MSC)  
11:00-12:00 Meditation to Prepare for Surgery (MSC)  
12:00-2:00 Meditation (MSC)  
3:00-5:00 Journaling Workshop (MSC)  
3:15-4:45 Yoga for Women (MSUS)  
6:00-7:30 Prostate Cancer Support Group (MSUS) |  |  |  |
| **15** | **Hospital Holiday** |  |  |  |
| 16     | 8:30-10:00 Renewal Pool & Exercise (Y)  
11:00-12:00 Embracing the New Normal (MSC)  
7:00-8:00 Sobriety & Cancer (MSUS) |  |  |  |
| 17     | 10:00-12:00 Guided Imagery offered in the infusion suite (MSC)  
10:00-11:30 Tea Talk Mandarin Meeting (MSC)  
12:30-2:00 LatinaSHARE (MSC)  
1:00-2:00 Meditation (MSC)  
3:00-5:00 Journaling Workshop (MSC)  
6:00-7:00 SOS (MSUS) 4G01  
6:00-7:30 Prostate Cancer Support Group (MSUS) |  |  |  |
| **22** | 12:00-1:00 Chemobrain Workshop (MSUS)  
1:00-2:00 Vocal Ensemble: Sing with Us (MSC)  
3:00-4:00 Coffee Talk: Nutrition Topic Refreshing your Diet for the New Year (MSC)  
6:30-8:30 Reiki (MSUS) 2nd Fl |  |  |  |
| 23     | 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) |  |  |  |
| 24     | 10:00-12:00 Guided Imagery offered in the infusion suite (MSC)  
11:00-12:15 Peace Education Workshop: Hope & Contentment (MSUS)  
1:00-2:00 Meditation (MSC)  
3:00-5:00 Journaling Workshop (MSC)  
3:15-4:45 Yoga for Women (MSUS) 2Fl  
6:00-7:00 SOS (MSUS) 2nd Fl  
6:00-7:30 Prostate Cancer Support Group (MSUS) |  |  |  |
| **29** | 1:00-2:00 Vocal Ensemble: Sing with Us (MSC)  
3:00-4:00 Coffee Talk (MSC)  
6:30-8:30 Reiki (MSUS) 2nd Fl |  |  |  |
| 30     | 8:30-10:00 Renewal Pool & Exercise (Y)  
7:00-8:00 Sobriety & Cancer (MSUS) |  |  |  |
| 31     | 10:00-12:00 Guided Imagery offered in the infusion suite (MSC)  
1:00-2:00 Meditation (MSC)  
3:15-4:45 Yoga for Women (MSUS) 2Fl  
6:00-7:30 Prostate Support Group (MSUS)  
6:00-7:00 SOS (MSUS) 2nd Fl |  |  |  |

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
Tai Chi Chih does as well as addressing emotional stress during and after treatment. For more information, please call 212-604-6098

Legal Health (NYLAG) Clinics: 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.

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@mountsinai.org.

Moving for Life Workshop: Neuropathy: Jan 18th short lecture, interactive discussion and exercise to address cancer treatment side effects Main Conf Room 5-6pm call 212 604-6098

Guided Imagery During Chemotherapy: Wed 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@mountsinai.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/sandy.lansinger@mountsinai.org

Embracing the New Normal: Jan 16th Area J-18 Conference Room Join us for a discussion around body image, relationships, learning how to accept changes as we move through life's transitions. Registration required. For either session call the American Cancer Society to register 1-800-227-2345 opt 1

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

Using Hypnosis & Guided Imagery Techniques to Prepare for Surgery: Jan 10th 11-12pm & Jan 23rd 2-3 Area J Medical Oncology 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@mountsinai.org

Tea Talk: Mandarin Support Meeting: Jan 17th 3:00-4:00 Rad Onc conf room, RSVP 212-844-8575 or email sandy.lansinger@mountsinai.org

Latina SHARE: Tuesdays, 7:00-8:00pm Bogart Conference Room 4A. Open AA meeting for survivors in sobriety cancer related. For more information please call 212-844-6022 Not meeting in Dec

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 Chelsea main conference room

Legal Health (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 & Aí 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 Auditorium, RSVP to Alison.snow@mountsinai.org/212-844-6022

Mount Sinai Union Square (MSUS): 10 Union Square East (formerly PACC)