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**For Further Information & Registration:**
- 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

***See reverse side under JCC for information regarding Saturday Moving for Life exercise class***
**MSWEST- Mount Sinai WEST (formerly MS Roosevelt) - 1000 10th Avenue**

**Leukemia, Lymphoma & Myeloma Support Group:** Monthly 2nd Thurs of the month 6-7pm Winston Conference Room, for more info or to RSVP call Gunjan 212-376-4656, 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 Michele Weisberger, RD 212-636-3068

**Writing Workshop:** Winston Conference Room, 1st floor Mondays, 3-5pm for more information or to RSVP contact Lori Schwartz, LCSW-R, OSW-C, 212-523-6454 or lori.schwartz@mountsinai.org

**Caregiver Support Group:** Wednesdays starting 11-12pm 14B patient lounge, RSVP Zoe Levy, SWI Zoe.Levy@mountsinai.org or call 212-523-7541

**Talk It Out Thursday Radiation Oncology Support:** Thursdays 11-12pm, Radiation Oncology Conference Room Lower Level, RSVP or for more info contact Alexandra.rubin@mountsinai.org or call Aliyah Olion, SWI at 212-523-7541

**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. Register 212-221-1626

**Marlene Myerson JCC Manhattan - 334 Amsterdam Ave. & 76th St.** For more information contact 646-717-9383 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 jerrysnee@msn.com Makom Room 7th Floor

*Healing Yoga for Women with Breast or Ovarian Cancer:* 6:45-8:00pm Thursdays, please call 646-717-9383 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 646-717-9383

*Aerobics: Moving for Life:* Wednesdays, 12:00-1:00pm for more information, please call 646-717-9383 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 646-717-9383 Pool 6th floor

*Moving for Life: Gentle Cardio workout:* Saturdays 11:00-12:00 pm To register call 646-717-9383 ongoing Saturdays except Jan 13

*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

**Healing for the Body + Soul:** April 16 6:45-9pm, Free Join Katherine Hamer, Christine Dimmick + Courtney Bauer for an evening of healing. Participants will learn techniques to nurture vitality and expand the breath through meditation, aromatherapy, healing sound, and movement, participants will take a journey designed to calm and relax the body and soul. **Women only.** Call (646)505-5734 or jccmanhattan.org/cancer-care to register.

**The Astonishing Truth About Exercise + The Brain:** Tues, April 17th 7-8:30pm Join Dr. Wendy Suzuki, Neuroscientist to discover why working out is good for your brain. Learn how exercise can transform your mood, memory, attention, and imagination. Dr. Suzuki will demonstrate the connection between exercise and overall health and well-being. $30/$35 call 646-505-5734 jccmanhattan.org/cancer-care. *50% off for those being tested or treated for cancer.

**Fight Fat After 40:** April 24th 7-8pm $18/$25 *50% off for those being tested or treated for cancer. Join Joanne Gerr, LCSW to learn about nutritional, physiological, and emotional aspects of staying fit and slender after 40. Discuss evidence-based lifestyle changes, food choices, and exercise patterns that help people stay slim through this decade and beyond. To register call 646-505-5734 or visit jccmanhattan.org/cancer-care.