

# Dubin Breast Center and Breast Health Resource Program Calendar



## August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Yoga*: 6:30-7:30PM	<b>2</b> Walking Group: 10:00-11:00AM	<b>3</b>	<b>4</b>
<b>7</b>	<b>8</b> Yoga*: 6:30-7:30PM Young Women's Connect*: 5:30-7:00PM	<b>9</b> Walking Group: 10:00-11:00AM BHRP Crafts & Laughs: 11:00-1:00PM	<b>10</b> Pilates*: 6:30-7:30PM	<b>11</b>
<b>14</b> Look Good Feel Better*: 11:00AM – 1:00 PM in the Dubin Conference Room	<b>15</b> Yoga*: 6:30-7:30PM	<b>16</b> Walking Group: 10:00-11:00AM	<b>17</b> Nutrition and Wellness Group*: 6:30-7:30PM	<b>18</b>
<b>21</b>	<b>22</b> Yoga*: 6:30-7:30PM Young Women's Connect*: 5:30-7:00PM	<b>23</b> Walking Group: 10:00-11:00AM BHRP Crafts & Laughs: 11:00-1:00PM	<b>24</b> Grocery Store Tour*: 6:30-7:30PM	<b>25</b>
<b>28</b>	<b>29</b> Yoga*: 6:30-7:30PM	<b>30</b> Walking Group: 10:00-11:00AM BHRP Drop in Breast Cancer Support Group: 5:30 – 7:00PM	<b>31</b> Pilates*: 6:30-7:30PM	

### Program and Contact Information:

**Breast Health Resource Program (BHRP) Groups:** 212-241-7748

**Walking Group:** Kelly Hogan: 212-241-0741

**Yoga, Pilates, Nutrition & Wellness, Meals Made Easy, Grocery Store Tours:** Kelly Hogan:  
212-241-0741

\*These programs require pre-registration.

**Psychology Services:** 212-241-3300, option 4

**Massage Therapy:** Jennifer Ashton: jennifer.ashton@mountsinai.org

**Nutrition Appointments:** 212-241-0741

**Social Work/Breast Health Resource Program:** 212-241-7748

<http://www.mountsinai.org/patient-care/service-areas/cancer/cancer-services/dubin-breast-center>

**BHRP Coping with Breast Cancer Drop-In Support Group:** Mileidy Paula, LCSW, facilitates a weekly support group for women who have been diagnosed with breast cancer

**Walking Group:** Once per week, we offer a brisk Central Park walk led by the Dubin nutritionist. Email Kelly Hogan, MS, RD, CDN for more information: [kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org).

**Yoga:** Dubin has partnered with yoga4cancer to offer our patients free yoga classes. Email Kelly Hogan, MS, RD, CDN to register: [kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org).

**Meditation:** Dubin has partnered with Kula for Karma to offer our patients free yoga classes. Email Kelly Hogan, MS, RD, CDN to register: [kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org).

**BHRP Crafts and Laughs:** A creative arts support group, facilitated by Social Work. Registration is not required.

**BHRP Wellness Group:** Facilitated by Elizabeth Flamm, LCSW, this group addresses aftercare and survivorship concerns. Call BHRP to register.

**Young Women's Group:** This group offers support for women who have been diagnosed with breast cancer under the age of 40. Jennifer Echelman, LMSW, facilitates. Call BHRP to register.

**BHRP WISH Group:** A support group for women with a genetic BRCA mutation, facilitated by Andrea Geduld, LCSW. Call the BHRP office to register.

**Healthy Lifestyle Program:** This educational series facilitated by Elizabeth Flamm, LMSW, covers popular topics of concern for women with breast cancer, such as nutrition, physical therapy, and coping. It is offered every few months. To get more information and to register for the next session, call BHRP.

**Cooking Classes with Cook for Your Life:** Every few months, we offer a free cooking class for Dubin patients, led by Cook for Your Life. Contact Kelly Hogan ([kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)) for upcoming cooking events. Visit [cookforyourlife.org](http://cookforyourlife.org) for great recipes and meal ideas.

**Nutrition and Wellness:** A group led by our nutritionist that focuses on strategies and support for sustainable weight management and healthy lifestyle behaviors. Contact Kelly Hogan, MS, RD, CDN ([kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)) to register.

**Meals Made Easy:** Meal preparation classes led by our nutritionist that focuses on preparing an easy, healthy meal from start to finish. Great for all levels!

**Grocery Store Tours:** This group, limited to 3-5 attendees, is led by our nutritionist and takes place at a local grocery store, focusing on everything from label reading, creating a healthy shopping list and how to choose and prepare healthy meals.

**Kids Count Too:** The Breast Health Resource Program social workers offer help in communicating with children. Contact BHRP for more information.

**Psychology Services:** Dubin psychologists offer clinical services to help patients manage pain, illness, and stress and to promote wellness, comfort, and healing. Call the Dubin Breast Center to schedule an appointment.

**Massage Therapy Program:** The Dubin Breast Center offers complementary massage from licensed massage therapists. For more information, contact Jennifer Ashton.

**Social Work/Breast Health Resource Program:** The social workers of BHRP are dedicated to assisting patients with the emotional and practical needs of a breast cancer diagnosis. BHRP also offers support services for friends and family. To meet with a social worker or to get more information, contact BHRP.

**Nutrition Consultations:** Dubin offers complementary, individualized nutrition consultations for our patients to assist in the lifestyle changes that may come with a breast cancer diagnosis. Contact Kelly Hogan, MS, RD, CDN (212-241-0741, [kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)) to schedule an appointment.