

MS WEST & MS ST LUKES SUPPORT & WELLNESS PROGRAMS: **JANUARY 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Hospital Holiday</i> JCC- Free Health & Wellness Fair 11am-5pm	2 7:30-8:30 Meditation (JCC) 5:45-6:45 Daily Meditation (JCC)	3 7:30-8:30 Meditation (JCC) 5:45-6:45 Daily Meditation (JCC)	4 11:00-12:00 Talk It Out Rad Onc Support (WEST) 7:00-7:30 Reiki & Self-Care Clinic (JCC)	5 7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)
8 7:30-8:30 Meditation (JCC) 11:00-12:00 Caregiver Support Group (WEST) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC)	9 7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-9:00 Design Your Year (JCC)	10 7:30-8:30 Meditation (JCC) 12:00- 1:00 Moving for Life (JCC) 2:30-4:30 Latina SHARE (MSSL) 5:45-6:45 Daily Meditation (JCC) 7:00-8:30 The Surprising Myth of Focus (JCC)	11 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 11:00-12:00 Talk It Out Rad Onc Support (WEST) 3:00-4:30 Yoga for Men (JCC) 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 Living with Breast or Ovarian Cancer(JCC)	12 7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)
15 <i>Hospital Holiday</i>	16 7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 6:30-8:30 The Happiness Workout (JCC)	17 7:30-8:30 Meditation (JCC) 12:00-1:00 Moving for Life (JCC) 5:45-6:45 Daily Meditation (JCC)	18 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 11:00-12:00 Talk It Out Rad Onc Support (WEST) 3:00-4:30 Yoga for Men (JCC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women Living with Breast or Ovarian Cancer(JCC)	19 7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)
22 7:30-8:30 Meditation (JCC) 11:00-12:00 Caregiver Support Group (WEST) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC)	23 7:30-8:30 Meditation (JCC) 12:30-2:00 Spanish Legal Workshop on Medical Deb/ La Dueda Medica 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC)	24 7:30-8:30 Meditation (JCC) 12:00-1:00 Moving for Life (JCC) 2:30-4:30 Latina SHARE (MSSL) 5:45-6:45 Daily Meditation (JCC)	25 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 11:00-12:00 Talk It Out Rad Onc Support (WEST) 3:00-4:30 Yoga for Men (JCC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women Living with Breast or Ovarian Cancer(JCC)	26 7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)
29 7:30-8:30 Meditation (JCC) 11:00-12:00 Caregiver Support Group (WEST) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 7:00-9:00 Longevity Mediterranean Kitchen Workshop/Cooking Demo (JCC) 7:00-9:00 Introduction to Meditation (JCC)	30 7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC)	31 7:30-8:30 Meditation (JCC) 12:00-1:00 Moving for Life (JCC) 5:45-6:45 Daily Meditation (JCC)		***See reverse side under JCC for information regarding Saturday Moving for Life exercise class***

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

[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 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 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: Mondays 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

Spanish Workshop: La Deuda Medica: Sus Derechos Y Opciones: 1/23 12:30-2:00 Para pacientes con deudas que han sido enviadas a agencias de coleccion, le informaremos de sus derechos bajo la ley de proteccion del endeudado. RSVP Lori Schwartz 212-523-6454 Rad Onc Conference Room

[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

Moving for Life: Gentle dance exercise aerobics, focused on breast cancer survivors, but is open to all, Wednesdays 6:30-7:30pm 1111 Amsterdam Ave, Muhlenberg Conf Room C. For more info: call 212-222-1351 or info@movingforlife.org

[JCC- 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

*Introduction to Meditation: Jan 29th 7:00-9:00pm. Join members of Makom faculty and learn the basics of meditation, understand what it means to develop a practice and still have time for questions, just for beginners so you will be extra comfortable. \$18/\$20 35 Free for those being treated at BreastLINK NY. 50% off for those being treated for cancer elsewhere, Call (646)505-5734 jccmanhattan.org/cancer-care.

*Reiki & Self-Care Clinic: Jan 4, 7 or 7:30pm Reiki is a gentle, balancing spiritual healing practice offered through light touch. Come experience a 30min Reiki session (please arrive 15 min before for orientation and sign in) \$20 Free for those being treated at BreastLINK NY. 50% off for those being treated for cancer elsewhere. Call (646)505-5734 jccmanhattan.org/cancer-care.

*Longevity Mediterranean Kitchen: Jan 29 7-9:00pm Join Chef Talia Segal Fidler, to learn a variety of cooking techniques and tips for eating healthy with a Mediterranean diet. \$85/\$95 Free for those being treated at BreastLINK NY 50% off for those being treated for cancer elsewhere, Call 646-505-5734 jccmanhattan.org/cancer-care.

*The Surprising Myth of Focus: Jan 10 7:00-8:30pm Join Dr Pillay to learn research-based techniques to productively unfocus so that you re-energize your brain and enhance your creativity, memory, clarity and predictive abilities. \$30/\$35. Free for those being treated at BreastLINK NY 50% off for those being treated for cancer elsewhere Call (646)505-5734 jccmanhattan.org/cancer-care.

*Design Your Year: Jan 9th 7-9pm with Laurie Gerber, Co-President Handel Life Coaching. \$25/Free for patients at BreastLINK NY, 50% off for those being treated for cancer elsewhere.

*The Happiness Workout: Jan 16th 7-8:30pm with Beth Kaplan Bongar \$15 JCC members/\$20 public. Free for patients at BreastLINK NY. 50% off for those being treated for cancer elsewhere.

The JCC has a free health and wellness fair on New Year's Day from 11am-5pm