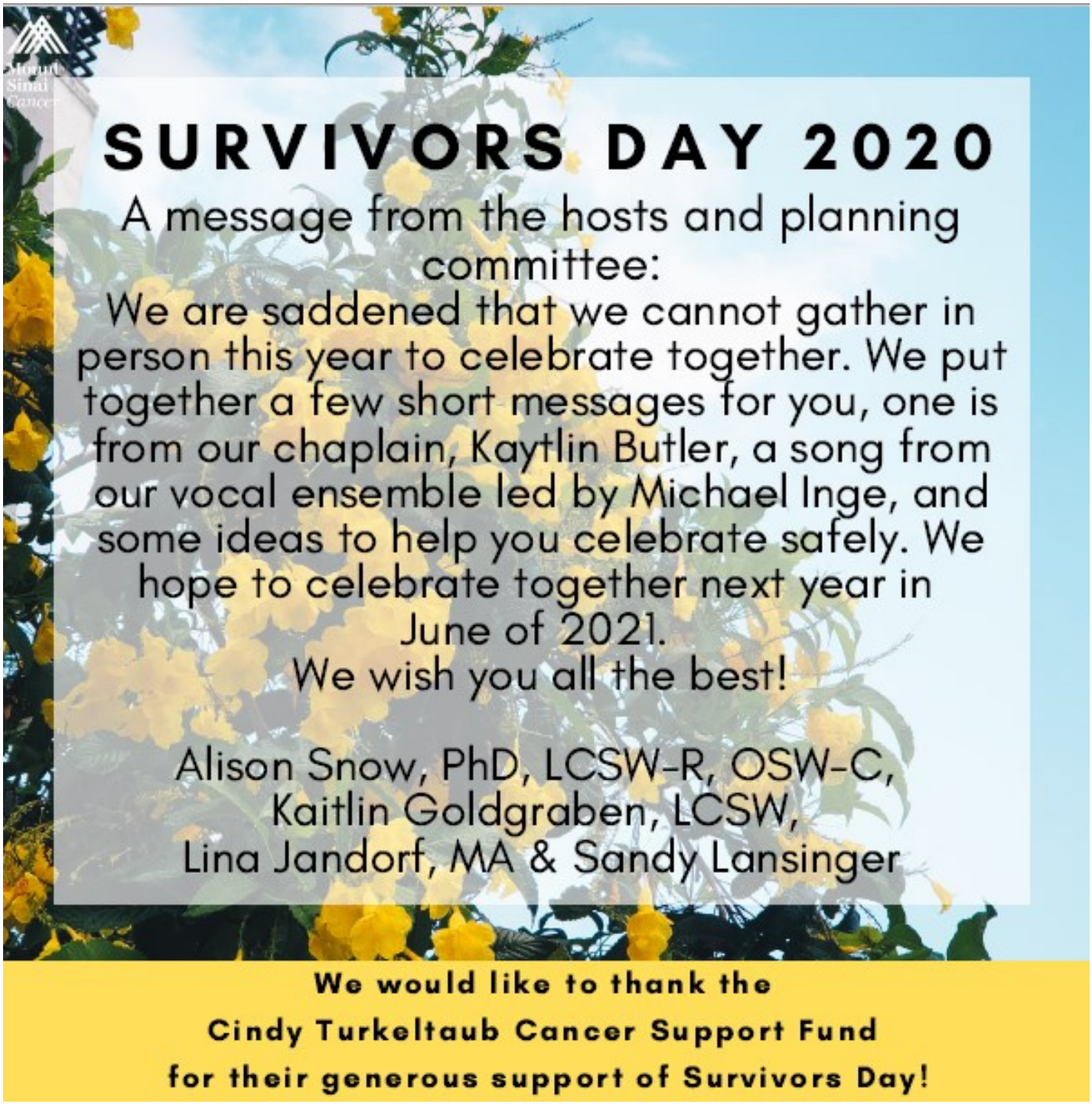
National Cancer Survivors Day

June 7, 2020

A New Way to Celebrate



Mount Sinai Cancer

Thank you to the wonderful survivors who sent in ideas of how to bring the survivor's day celebration home during the time of COVID-19

How To Celebrate Survivors Day From Home!

- Cook a special meal
- Write a note to people who helped carry you through
- Join a mentor or support program to offer help to others going through the experience
- Take a moment to meditate - light some candles, take a deep breath and find calm
- Do something special for yourself or buy yourself a present
- Write to your doctor and medical team thanking them and include a photo of yourself
- Take a moment to reflect on your journey
- Throw yourself a big birthday party for another trip around the sun!

We would like to thank the Cindy Turkeltaub Cancer Support Fund for their generous support of Survivors Day!

SPECIAL MUSICAL TRIBUTE!!! Click **here**