

JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONDAY, July 7th: Mindfulness 10-10:20am Women of Color Navigating Cancer 12-1 pm		1	2	3	THURSDAY, July 17th: Spirituality with Chaplain Karen Terry 10- 11 am Pelvic Awareness 12-1 pm	4
	7 DOUBLE PROGRAMMING!	8 Living with Recurrent Gynecologic Cancer 12-1:15 pm	9 Gynecologic Cancer Support: 12-1 pm	10 Pelvic Awareness 12-1 pm		5
MONDAY, July 21st: Mindfulness 10-10:20am Now What? Long-Term Survivor Group 12-1 pm	14 Mindfulness 10-10:20 am	15	16 Gynecologic Cancer Support: Nutrition 12-1 pm	17 DOUBLE PROGRAMMING!	18	WEDNESDAY, July 30th: Gynecologic Cancer Support: SIBO and Gynecologic Cancer 5-6 pm Woman to Woman Book Club: The German Wife by Kelly Rimmer 7- 8 pm
	21 DOUBLE PROGRAMMING!	22 Thriving with Woman to Woman: WellBetic 12- 1 pm	23 Gynecologic Cancer Support:	24 Pelvic Awareness 12-1 pm	25	2
MONDAY, July 28th: Mindfulness 10-10:20am W2W Writer's Circle 12- 1 pm	28 DOUBLE PROGRAMMING!	29	30 DOUBLE PROGRAMMING	31	For details and dial-in info, see session descriptions on pages 2-7. We hope you'll join us!	



July 2025

♦ WOMAN TO WOMAN GYNECOLOGIC CANCER SUPPORT GROUP | Wednesdays from 12-1pm

Meet other women who have been diagnosed with this life changing disease and have the opportunity to share your story. The goal of our group is to decrease isolation, share resources, feel empowered and learn ways to cope with the ups and downs this diagnosis brings. We will be joined by guest speakers on a bi-weekly basis who are specialists in their fields. Each weekly meeting uses the following Zoom info, regardless of guest speaker.

To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 757 176 6991

To join by phone:

- Dial: 1-646-558-8656
- Meeting ID: 757 176 6991 #

JULY GUEST SPEAKERS: Please note we are not meeting on 7/2 and are meeting at 5 pm on 7/30

JULY 16th: NUTRITIONAL BENEFITS OF HERBS, SEEDS AND WHOLE GRAINS WITH PAULA OCCIANO, CERTIFIED ADVANCED NUTRITION COORDINATOR

Paula Occiano is a certified advanced nutrition coordinator who has worked as an oncology dietician for 15 years at Mount Sinai Hospital. She believes that balance is key and enjoying what you're eating is crucial. In this discussion she will review the beneficial components of herbs, seeds and whole grains and how they can be incorporated in your diet during and after cancer treatment.

JULY 30th at 5 pm- WHAT'S SIBO AND AM I AT RISK?

Small intestinal bacterial overgrowth (SIBO) is a condition where there is an abnormal increase in the amount of bacteria in the small intestine. SIBO is more frequently diagnosed in patients with gynecologic cancer. In this informal talk, Dr. Pashinsky will share the facts about what gynecologic cancer survivors need to know about SIBO to protect their gut. Dr. Yevgenia Pashinsky is a board-certified gastroenterologist who completed her medical education and training in Internal Medicine and Gastroenterology/Hepatology at the [Mount Sinai Medical Center in New York](#). Within Gastroenterology, she specializes in women's gastrointestinal health with a focus on pelvic floor dysfunction, motility and nutrition. Her interests also include colon cancer prevention and general gastroenterology."

◆ MONDAY MORNING MINI MINDFULNESS MEDITATION | Every Monday from 10-10:20 am

Join us every Monday morning for a gentle and empowering 20-minute mindfulness meditation. Together, let's cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment. Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years. She can be reached at ylfaedelstein@me.com.

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 416 883 2533

To join by phone:

- Dial: 1-646-931-3860
Meeting ID: 416 883 2533 #

◆ WOMEN OF COLOR NAVIGATING GYNECOLOGIC AND BREAST CANCER | JUNE 7th from 12-1pm

A support group for patients who identify as black, indigenous, and people of color (BIPOC)

Meets the first Monday of every month.

This group is for women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis. Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer group will focus on a specific theme/topic with space for BIPOC women to exchange stories of their experiences and leave with practical approaches to address their concerns and feel heard. Meetings will be facilitated in English, but for BIPOC women who speak languages other than English, please contact womantowoman@mountsinai.org or 212-241-3793.

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 208 938 0884

To join by phone:

- Dial: 1-929-205-6099
Meeting ID: 208 938 0884

◆ LIVING WITH RECURRENT GYNECOLOGIC CANCER | July 8th from 12-1:15 pm

Meets the second Tuesday of every month.

This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time.

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- If prompted, enter
Meeting ID: 865 7625 2999

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◆ PELVIC AWARENESS: GENTLE MOBILITY AND PILATES FOR HEALING (3- Session Series) |

July 10th, July 17th and July 24th at 12 pm

This trauma-informed, restorative series is designed to gently support individuals recovering from or living with gynecological cancers. Over three sessions, we'll explore slow, intentional movement to help you safely reconnect with your body, especially the pelvic floor, hips, and core. We'll also explore proprioception - your body's sense of position and movement in space, to improve balance and reconnect you to your physical self, especially after medical trauma. This is a space for softness, curiosity, and healing. Come as you are. No movement experience is necessary. Feel free to bring a soft yoga or Pilates mat. Modifications for participants in wheelchairs or who prefer to remain seated will be suggested. **Instructor:** This series is led by Tash Vasilyeva, a trauma-informed Pilates instructor and intern in Clinical Mental Health Counseling. **Contact:** tashvasilyeva@gmail.com

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◆ SPIRITUALITY GROUP | July 17th from 10-11am

Meets the third Thursday of every month.

Led by board certified interfaith chaplain, Karen Terry the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly, and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. This group is open to anyone impacted by cancer.

To join by video, click [HERE](#):

- If prompted, enter Meeting ID: 978 6019 0373

To join by phone:

- Dial: 1-646-931-3860 Meeting ID: 978 6019 0373

◆ NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | July 21st from 12-1pm

This monthly group is for long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer.

Meets the third Monday of every month.

"We need a support group for patients out of treatment who must now face a new body and reality. When treatment is complete, we are no longer surrounded by our medical teams on a regular basis. We no longer are regulars in chemo or radiation suites nor our oncologist's offices. After diagnosis and treatment, our bodies and minds are scarred, fragile and different. We are not exactly 'cured' and are often left with many long-haul side effects, both physical and psychological. Now what?" - A gynecologic cancer survivor

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◆ THRIVING WITH WOMAN TO WOMAN: WELLBETIC | July 22nd from 12-1pm

Meets the fourth Tuesday of every month.

“The question is not how to survive, but how to thrive with passion, compassion, humor and style.” - Maya Angelou

Dr. Marisol Cruz Meléndez-Ostrov, nurse, PhD educator, diabetic educator specialist, will speak about “WellBetic.” Whether you’re newly-diagnosed with diabetes, supporting a diabetic loved one, or simply looking to improve your health and mindset, this informative and educational session is designed to empower you to live your best, healthiest life with holistic education, real support, and positivity. For more information: <https://wellbetic.com>. The purpose of this monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. Navigating a cancer diagnosis and survivorship can feel like a full-time job. It can easily overtake your life and be the lens through which you view all of your experiences and interactions. However, you are extraordinary women with interests, hobbies, passions, fears, dreams and so much more. You all deserve to feel happy and fulfilled. Co-led by Audrey Carlson, Woman to Woman volunteer and founder of the Hartford Happiness Club, this group will alternate esteemed guest speakers with topic-driven interactive exercises to help participants learn how to achieve balance so you can not just survive, but thrive.

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◆ WOMAN TO WOMAN WRITER’S CIRCLE | July 28th from 12-1pm

Be part of a unique pilot program designed to support health and well-being through creative writing. The writer’s circle offers a safe and inspiring space to explore healing, resilience, and renewal through reflective prompts and intentional storytelling. As part of this pilot, your participation will benefit you personally and help shape the future of this program for others. Whether you’re a seasoned writer or putting pen to paper for the first time, your voice and feedback are invaluable. Led by Woman to Woman survivor volunteer Eugenia Nascimento, this session is open to the W2W community, writers of all genres, from beginners to experienced creators. Bring your creativity, unique perspective, an open heart...and a pen and paper!

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◆ WOMAN TO WOMAN BOOK CLUB | July 30th from 7-8pm

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. Each month the book will be chosen by a book club member. All are welcome, whether you’ve had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ...)

If you'd like to join but are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org for assistance.

JULY SELECTION, Yvette's pick! *The German Wife* by Kelly Rimmer

Pick up a copy [here](#) or wherever books are sold.

“An unforgettable novel that explores important questions highly relevant to the world today.” —Christine Wells, author of *Sisters of the Resistance*

Berlin, 1930—When a wave of change sweeps a radical political party to power, Sofie von Meyer Rhodes's academic husband benefits from the ambitions of its newly elected chancellor. Although Sofie and Jürgen do not share the social views growing popular in Hitler's Germany, Jürgen's position with its burgeoning rocket program changes their diminishing fortunes for the better. But as Sofie watches helplessly, her beloved Berlin begins to transform, forcing her to consider what they must sacrifice morally for their young family's security, and what the price for their neutrality will be. Twenty years later, Jürgen is one of the many German scientists offered pardons for their part in the war, and taken to America to work for its fledgling space program. For Sofie, this is the chance to exorcise the ghosts that have followed her across the ocean, and make a fresh start in her adopted country. But her neighbors aren't as welcoming or as understanding as she had hoped. When scandalous rumors about the Rhodes family's affiliation with Hitler's regime spreads, idle gossip turns to bitter rage, and the act of violence that results will tear apart Sofie's community and her family before the truth is finally revealed.

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Our community of survivors and mentors brings hope to women who might otherwise face treatment alone and scared. We rely on the generosity of donors like you to achieve our mission of empowering women throughout their gynecologic cancer journeys. Please consider joining our community of supporters by making a gift to the Woman to Woman program today. Scan the code below to donate now



CONTACT US:

Online: mountsinai.org/woman-to-woman | Email: womantowoman@mountsinai.org | Phone: [212-241-3793](tel:212-241-3793)

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