<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>For details and dial-in info, see session descriptions on pages 2-7. We hope you’ll join us!</td>
<td></td>
<td></td>
<td>1 Gynecologic Cancer Support Group 12-1pm</td>
<td>2</td>
<td>3</td>
<td>4 Woman to Woman 23rd Reunion 10am-12:30pm</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>BIPOC Women Navigating Cancer 12-1pm</td>
<td></td>
<td></td>
<td>Gynecologic Cancer Support Group: Optimizing Cognitive Health 12-1pm</td>
<td>Breathwork and Healing 12-1pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Living with Recurrent Gynecologic Cancer 12-1:15pm</td>
<td></td>
<td></td>
<td>Gynecologic Cancer Support Group 12-1pm</td>
<td>Breathwork and Healing 12-1pm</td>
<td>Woman to Woman Book Club The Silent Patient by Alex Michaelides 7-8pm</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Now What? Long-Term Survivor Group 12-1pm</td>
<td>Crystal Energy Healing 3-4pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Thriving with Woman to Woman 12-1pm</td>
<td></td>
<td>DOUBLE PROGRAMMING!</td>
<td>Breathwork and Healing 2-3pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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#

**NOVEMBER GUEST SPEAKERS:**

**NOVEMBER 8**th: **Optimizing Cognitive Health: Empowered through Evidence**
Back by popular demand nationally recognized physician Dr. Michelle Loy MD, DipABOIM, DipABLM, DABMA, FAAP will discuss optimizing cognitive health. In this hour-long discussion Dr. Loy will cover dietary patterns, lessons from the blue zones, role of exercise, supplements, outdoor time and resources. Dr. Michelle Loy, MD, received her magna cum laude degree in Psychology from Harvard College, her MD from Weill Cornell Medical College, her pediatrics residency training from New York Presbyterian Hospital-Cornell, and her Integrative Medicine Fellowship training from Columbia University/Stamford Hospital. She completed certification in Medical Acupuncture from SUNY Downstate Medical Center. She is board certified in Integrative Medicine, Lifestyle Medicine, Medical Acupuncture, and Pediatrics.

**November 29**th: **Judy Chicago Herstory with New Museum**
Join New Museum Teaching Artist Rosed Serrano as she leads us through major exhibition highlights of the much-anticipated exhibition “Judy Chicago: Herstory.” Take a closer look at six decades of the artist’s work and from her 1960s experiments in Minimalism and her revolutionary feminist art of the 1970s to her narrative series of the 1980s and 1990s in which she expanded her focus to confront environmental disaster, birth and creation, masculinity, and mortality.
THE WOMAN TO WOMAN 23rd REUNION LIVE | November 4th from 10am-12:30pm
THE HEALING POWER OF FRIENDSHIP AND CONNECTION
Saint Jean Baptiste School at 173 East 75th Street, New York, NY 10021
This is our first in person reunion since fall 2019! Join Dr. Kelli Harding, author of The Rabbit Effect: Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness, for an uplifting conversation about the transformative power of kindness and friendship on our mental, emotional, and physical wellbeing. Dr. Harding will delve into the surprising science of kindness and teach actionable tips to infuse kindness, joy, and purpose into everyday life. Dr. Irwin Epstein, retired academic health researcher, Mount Sinai research consultant and author of Men as Friends: From Cicero to Svevo of Cataldo will then discuss lessons about friendship from the book he wrote while serving as carer for his wife Fran, a Mount Sinai social worker who battled four separate cancers over 30 years.

Brunch will be served. We look forward to seeing you in person!

If you are not comfortable attending live, please join virtually by clicking HERE

BIPOC WOMEN NAVIGATING GYNECOLOGIC AND BREAST CANCER | November 6th from 12-1pm
A patient support group for black, indigenous, and people of color (BIPOC) Meets the first Monday of every month. In recognizing the unique experiences of women who identify as black, indigenous, people of color (BIPOC) with gynecologic or breast cancer, we created the BIPOC Women Navigating Gynecologic and Breast Cancer group as a safe space for BIPOC women to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis.

Gatherings of the BIPOC Women Navigating Gynecologic and Breast Cancer Woman to Woman 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#
♦ BREATHWORK AND HEALING | November 9th, 16th and 30th. Times vary please see details above. Can attend one, two or three sessions.
There are many different breathwork styles and techniques that can help in various areas of life such as mental, physical, social, emotional and spiritual. Breathwork is known to regulate your nervous system to help relieve stress, anxiety, fears and process emotions. In all stages of the cancer process including testing, diagnosis, treatment, recovery, follow up care, etc, breathwork can help. By using the breath to cope with the anxiety, fear, pain, and daily struggles of a cancer diagnosis, we can help overcome the thoughts, emotions and feelings that come with the journey. This three session educational and experiential series will be led by Dean Cramp, owner of Transcend Healing and Breathwork LLC, certified breathwork facilitator, sound healer and life coach. For more information:  www.healingandbreathwork.com

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 | November 14th from 12-1:15pm
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.

To join by video, click HERE:
• If prompted, enter
  Meeting ID: 865 7625 2999

To join by phone:
• Dial: 1-646-558-8656
• Meeting ID: 865 7625 2999#

♦ NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | November 20th from 12-1pm
Meets the third Monday of every month. This monthly group is for long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer:

“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
CRYSTAL ENERGY HEALING: A TEAL/ WOMAN TO WOMAN COLLABORATION | November 21st from 12-1pm

In this hands-on, interactive session, learn all about the benefits of various crystals and the energy healing power they hold. Register before November 1st and a crystal will be mailed to you. Please visit https://telleveryamazinglady.org/programs/workshops/workshops-rsvp/ for more information and to register.

THRIVING WITH WOMAN TO WOMAN: A NEW SERIES | November 28th from 12-1pm

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 discussions to help participants learn how to achieve balance so you can not just survive, but thrive.

WOMAN TO WOMAN BOOK CLUB | November 29th 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.
NOVEMBER SELECTION, Jillian’s pick! The Silent Patient by Alex Michaelides

The Silent Patient is a shocking psychological thriller of a woman’s act of violence against her husband—and of the therapist obsessed with uncovering her motive.

Alicia Berenson’s life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London’s most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word.

Alicia’s refusal to talk, or give any kind of explanation, turns a domestic tragedy into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she, the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London.

Theo Faber is a criminal psychotherapist who has waited a long time for the opportunity to work with Alicia. His determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations—a search for the truth that threatens to consume him...

Pick up a copy here or wherever books are sold

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#

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: