### July 2023

**SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**
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| 2 | 3 | 4 | 5 | 6 | 7 | 8
| | | | | **Tapping for Cancer Survivors** | 12-1pm | |

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<td><strong>Now What? Long-Term Survivor Group</strong></td>
<td><strong>Gynecologic Cancer Support Group:</strong> <strong>Heart Health in Ovarian Cancer</strong></td>
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**WEDNESDAY, July 26th:**
**Gynecologic Cancer Support Group:**
12-1pm

Don’t miss...
W2W Book Club: *Eternally Rose*
7-8pm
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 SPEAKER:


Advances in treatment such as targeted therapies like VEGF inhibitors are improving the prognosis of ovarian cancer, but are associated with important cardiovascular side effects. As a cardio-oncologist, Dr. Copeland-Halperin works with patients and their oncologists to enable them to receive the most effective treatments for their cancer as safely as possible in order to optimize their health and overall outcomes. In his talk, he will cover a basic introduction to the emerging field of cardio-oncology and provide some practical tips and advice regarding

Robert Copeland-Halperin is an assistant professor at the Zucker School of Medicine at Hofstra/Northwell where he serves as the Director of Cardio-Oncology for the Northwell Health system. Dr. Copeland-Halperin is a native New Yorker and a graduate of Hamilton College. He completed a post-baccalaureate program at Columbia University and a medical degree at the Icahn School of Medicine at Mt. Sinai. He trained in internal medicine and cardiology at Mt. Sinai Hospital and cardio-oncology at Memorial Sloan Kettering Cancer Center.
“TAPPING” (AKA EMOTIONAL FREEDMAN TECHNIQUE) FOR CANCER SURVIVORS- A THREE PART SERIES
July 6th, July 13th, July 20th (Participants can attend one, two or three sessions)

“Tapping” which is also known as Emotional Freedom Technique, is an energy healing modality often described as a cross between modern day psychology and traditional Chinese acupuncture. However instead of needles, we use our fingertips to tap on and stimulate acupressure points on our face, torso and hands.

As we tap on these acupressure points, and repeat certain phrases, it brings quick and effective emotional benefits including feelings of peace, calm and relaxation. EFT is highly beneficial for reducing stress, anxiety, phobias and even physical symptoms such as addictions, cravings, insomnia and pain relief. Even people who try tapping for the first time experience positive benefits in as little as five minutes.

**Session 1:** Body - Tapping can be very effective for physical issues such as increased energy, combating insomnia and mild to moderate pain relief. Here's an example, (Good night's sleep) [https://youtu.be/KbmqTxBR6xE](https://youtu.be/KbmqTxBR6xE)

**Session 2:** Mind - Learn how to use tapping to release anxiety, worry and fear, and replace these with more feelings of peace and ease. Here is an example: Worry about the future - [https://youtu.be/y3bRnEOH3Wk](https://youtu.be/y3bRnEOH3Wk)

**Session 3:** Spirit/Soul - Tapping can help achieve inner peace, self-love and acceptance. Here’s an example - Tapping for inner peace. [https://youtu.be/xXJaJi0XqT4](https://youtu.be/xXJaJi0XqT4)

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**LIVING WITH RECURRENT GYNECOLOGIC CANCER | July 11th from 12-1:15pm**

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: 208 938 0884

**To join by phone:**
- Dial: 1-929-205-6099
  - Meeting ID: 208 938 0884#

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**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 | July 17th from 12-1pm

“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

The purpose of this group is to provide a supportive setting to connect with other women to share the unique experiences of long-term cancer survivors.

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- Dial: 1-929-205-6099
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WOMAN TO WOMAN BOOK CLUB | July 26th from 7-8pm

All are welcome, whether you’ve had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers …) Each month the book will be chosen by a book club member.

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

Myrna’s pick! Eternally Rose by Lou Mastantuono
Pick up a copy here or wherever books are sold.

INWOOD, LONG ISLAND, NY 1944 - Johnny and Rose were popular high school sweethearts when Johnny enlisted to fight in the war. Before shipping out, Johnny proposed, promising his eternal love to Rose. After the war, Johnny returns a hometown hero and the two young lovers make final preparations for their long-awaited nuptials. However, fate delivers a devastating blow when Rose is suddenly struck down on her wedding day. Now, more than fifty years later, Johnny’s son - having lived in the shadow of his father’s grief for over half a century - digs up the past to solve the mystery of the woman his father intended to marry instead of his mother. Based on a true story.

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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/womantowoman | Email: womantowoman@mountsinai.org | Phone: 212-241-3793

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