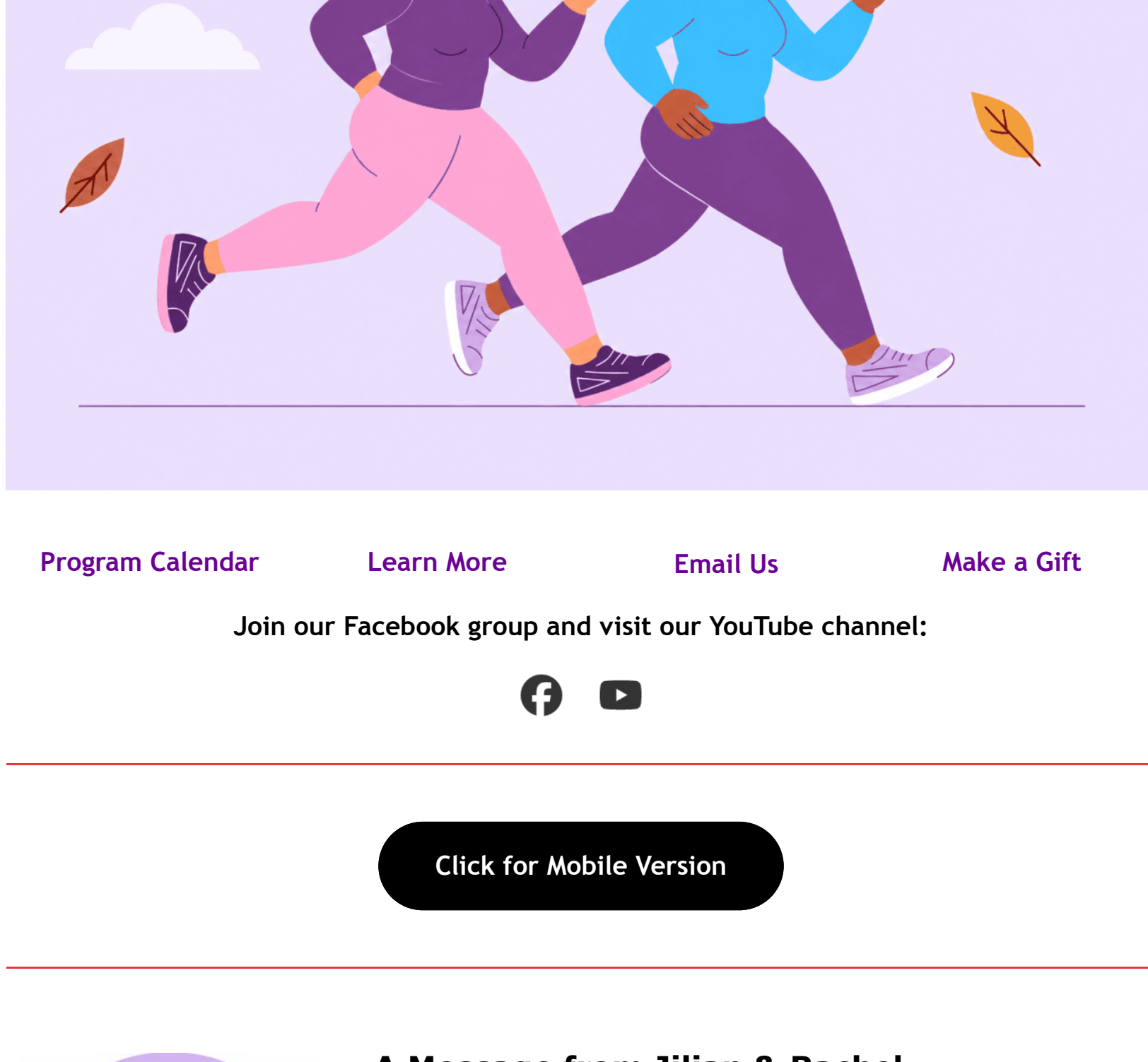




Thriving Physically

Fall 2026



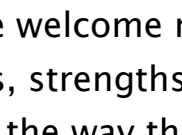
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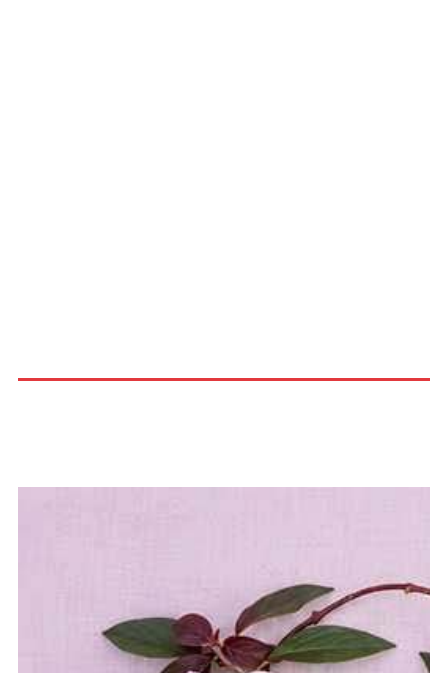
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Jillian Levinson & Rachel Justus,
Woman to Woman Program
Managers

A Message from Jillian & Rachel

Thriving physically can mean something different to each of us. It may mean moving our bodies, nourishing ourselves well, getting enough rest, or creating a home environment that supports our well-being. Our community continues to grow and thrive as we welcome new members who bring their own experiences, strengths, and perspectives. As always, we are so grateful for the way the women in our community show up for each other so everyone can thrive.

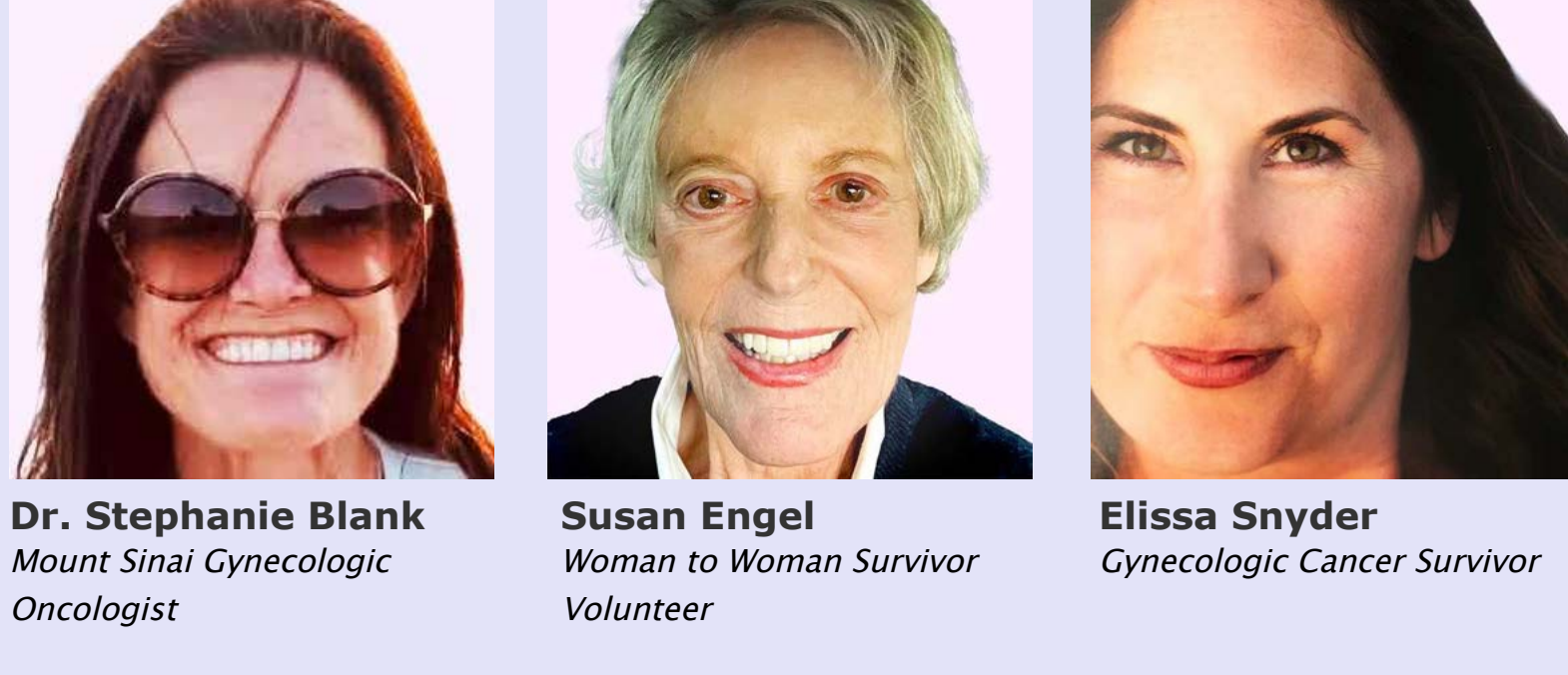


Carol Lee, Editor

A Letter from the Editor

Our bodies carry us through every chapter of our lives, and caring for them can take many forms. In this final installment of our *Thriving* theme, we focus on ways to thrive physically, exploring practical, achievable ways to care for ourselves through nutrition, movement, decluttering, and even an eyebrow glow-up. These small acts of care don't require perfection—just a willingness to make choices that help us feel stronger, healthier, and more supported.

As we mark Gynecologic Cancer Awareness Month in September, let's also take a moment to remember, empower, and support everyone affected by gynecologic cancer. Wishing everyone a healthy and happy fall!



Roundtable: We Asked, We Listened

What I Do to Thrive Physically

In our roundtable discussion, we showcase a range of perspectives by asking three community members the same questions. Today, we've asked a staff member, survivor volunteer and patient, "What is something special you do to thrive physically?"



Dr. Stephanie Blank
Mount Sinai Gynecologic
Oncologist

"I love to hike somewhere really strenuous—mountains, water or a view. Just being outside, no matter what the weather, with a journey and a destination frees my mind and reminds me my body can take me anywhere."



Susan Engel
Woman to Woman Survivor
Volunteer

"I swim for an hour a day, every day, in the summer and several days a week in the winter. I do water aerobics year-round as well. It has made me feel strong and fit through everything, including cancer treatment."

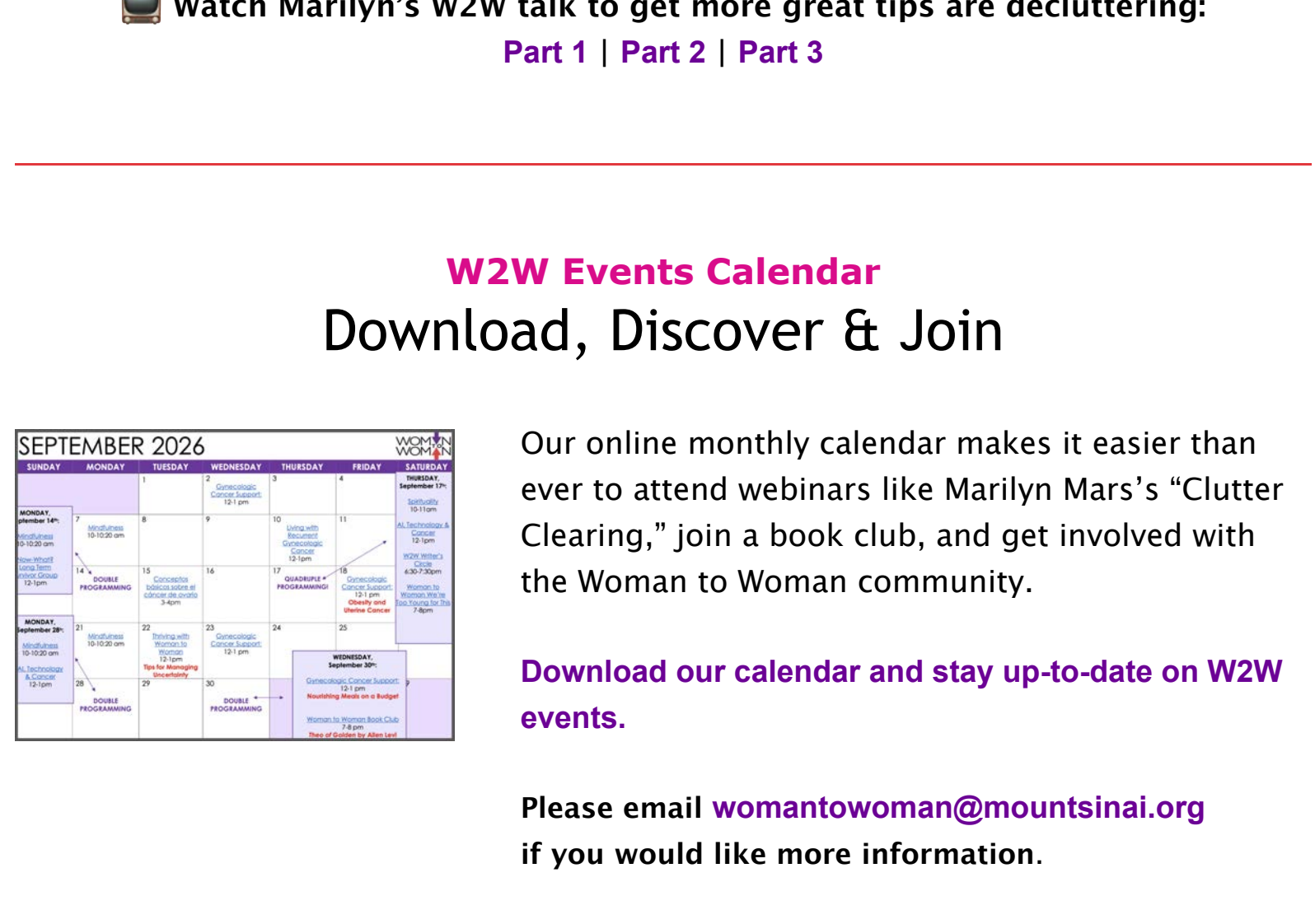


Elissa Snyder
Gynecologic Cancer Survivor

"My usual physical activities include tennis, swimming, yoga, and walking. Lately, I've started listening to books on tape while I puzzle (my favorites are Liberty Puzzles). The puzzles are calming and addictive."

Ask the Expert

Marilyn Mars on Decluttering to Thrive



Marilyn Mars, a self-professed clutter-clearing practitioner, has been helping people work through their clutter for over a decade and has led multiple webinars for W2W. What began as helping friends move and organizing closets and kitchens evolved into a deeper interest in why we hold on to things. In this Q&A, Marilyn explores how our physical spaces reflect our emotional and mental states, how decluttering can help us thrive physically, and offers gentle, realistic ways to start clearing space.

1. How does our space reflect our emotional and mental state?

Clutter is rarely just "too much stuff." It's often the memories, meanings, and unresolved emotions attached to our belongings—grief for people we've lost, identities we've outgrown, or chapters we're not ready to release. These items become "unmade decisions" that quietly drain our energy.

2. Why is being in a clean, decluttered space important?

When your space is clean and clear, your mind can be clearer and more present. Clutter doesn't just fill a room—it pulls on your energy, keeps you tied to the past, and can even buffer you from feeling what you need to feel to truly move forward.

3. What are some tips for achieving a decluttered environment?

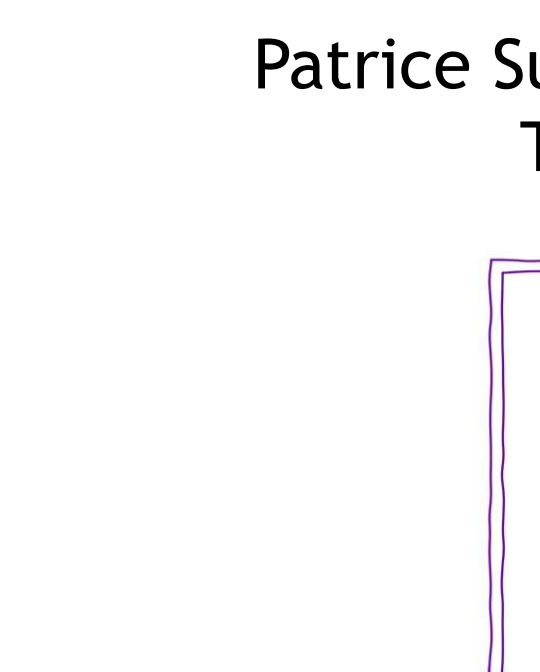
- Do a deep review of your belongings, ideally in both spring and fall.
- Start with one small area, such as a drawer or shelf.
- Set a timer for 10–15 minutes and stop when it rings.
- Begin with easy items: expired products, obvious trash, and duplicates.
- For each item, ask: Do I use this? Do I love this?
- If not, donate, recycle, or discard it.
- Remember: clutter = delayed decisions. Try to decide now rather than "later."
- Spend a few minutes most days instead of one huge exhausting session.

📺 Watch Marilyn's W2W talk to get more great tips are decluttering:

[Part 1](#) | [Part 2](#) | [Part 3](#)

W2W Events Calendar

Download, Discover & Join



Our online monthly calendar makes it easier than ever to attend webinars like Marilyn Mars's "Clutter Clearing," join a book club, and get involved with the Woman to Woman community.

[Download our calendar and stay up-to-date on W2W events.](#)

Please email womantowoman@mountsinai.org if you would like more information.

Beauty Pause

The Eyebrow Glow-Up Guide for Thriving Fabulously

Here's a fun, simple guide to achieving natural-looking eyebrows, courtesy of L'Oréal, an indispensable and generous partner of Woman to Woman.

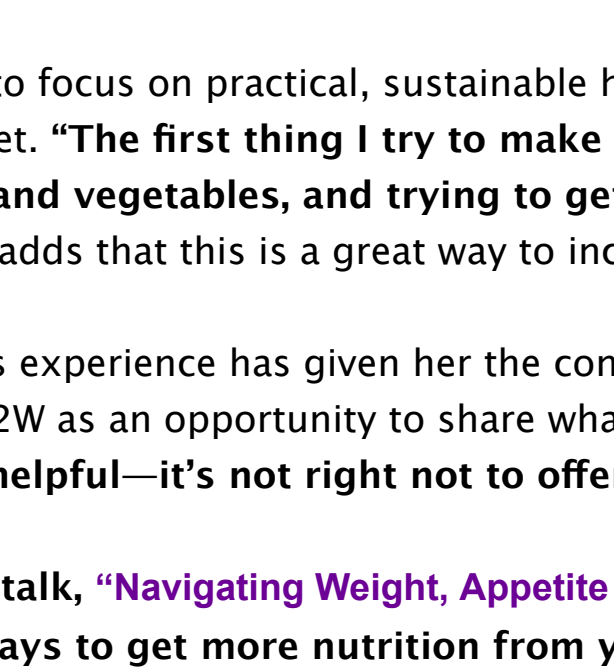
📺 Need more inspo?

These videos will walk you through how to get the brows you love:

[Tutorial 1](#) | [Tutorial 2](#)

Why I Support

Patrice Surley Helps Women Thrive Through Nutrition



Patrice Surley, a clinical nutritionist with more than 20 years of experience, specializes in working with people affected by cancer, helping them navigate nutrition and make sense of the often-confusing health information that surrounds a diagnosis—all with the goal of helping women facing health challenges thrive physically.

She recently began partnering with Woman to Woman, hosting a webinar on nutrition after a cancer diagnosis. Her experience with cancer patients has shown her how important it is for women to have someone who can help them understand their options and advocate for themselves.

Patrice encourages them to focus on practical, sustainable habits rather than searching for a miracle diet. "The first thing I try to make a point of is just including a lot of fruits and vegetables, and trying to get a variety of bright colors in your diet." She adds that this is a great way to increase fiber intake.

Beyond nutrition, Patrice's experience has given her the confidence to advocate, and she sees her work with W2W as an opportunity to share what she knows. "When you have a skill set and it's helpful—it's not right not to offer it."

📺 Watch Patrice's W2W talk, "Navigating Weight, Appetite & Digestive Changes," and learn ways to get more nutrition from your diet.

Woman to Woman's patient assistance fund is completely philanthropically funded. If you would like to continue our legacy of support, [please click here](#).

Spotlight

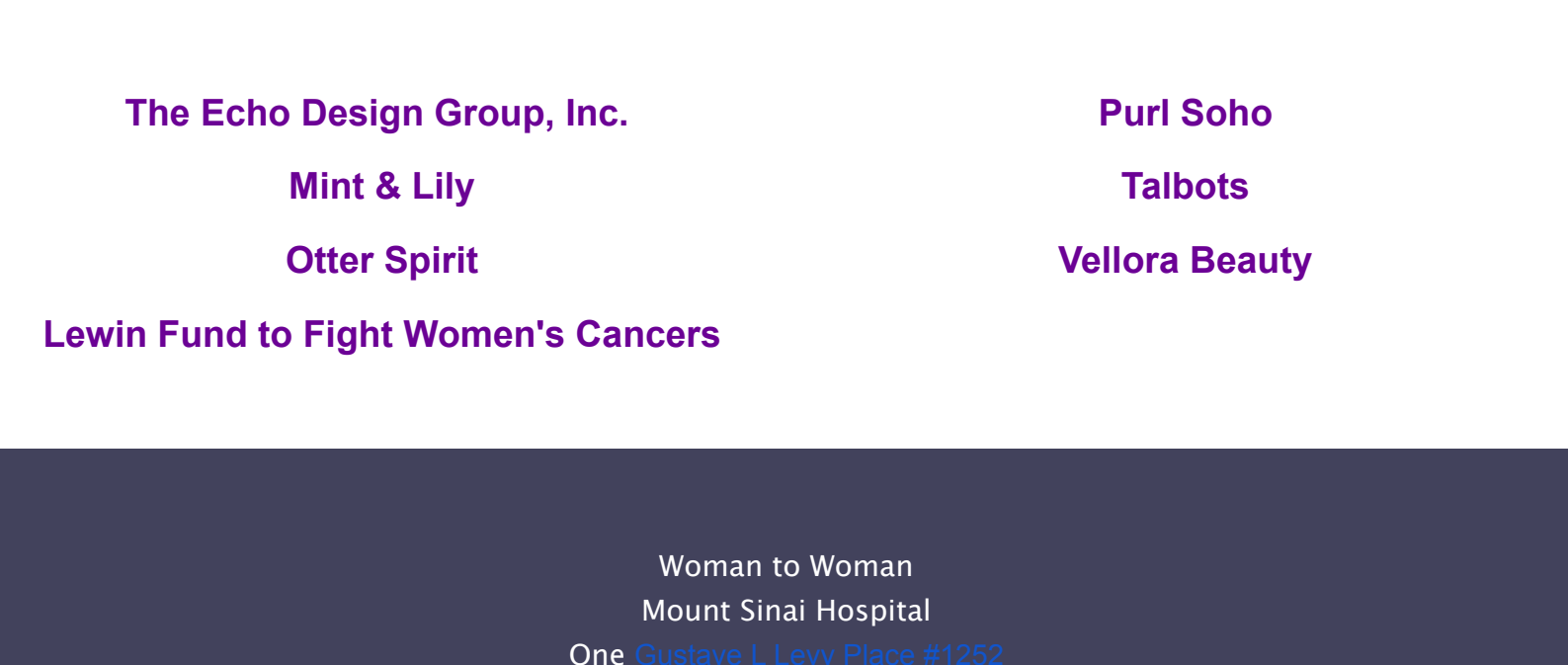
Get Physical with W2W Fitness Playlist

Fall is a wonderful time to get your body moving. The [Fitness Playlist](#) in [W2W's Video Library](#) can help you thrive physically, with pelvic exercises like the one below and much more. Browse the library for exercises that support bone health, prevent injury, reduce stress, and improve memory. Many can be done from a chair. Thriving physically doesn't have to be strenuous!



We're Proud to Report

New W2W Volunteers



New W2W volunteers (l-r): Michelle Kamen, Pamela Joy Moore, and Nora McLaughlin

Volunteers are the heart of Woman to Woman, and we are thrilled to welcome **Michelle Kamen**, **Nora McLaughlin**, and **Pamela Joy Moore** to our community. Like many of our volunteers, these amazing women were inspired to get involved by the support they received during their own cancer journeys.

"I had a wonderful, supportive mentor. It was a blessing knowing I could reach out to someone who understood my feelings and shared my experiences." Michelle remembers how much the mentorship meant to her. "If I can provide support for another woman going through her journey, I am more than happy to do so."

To learn about becoming a volunteer, please contact womantowoman@mountsinai.org.

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