We hope to see you at one of our August programs! We are thrilled to announce that volume 2 of the Write Treatment Anthology is available now on Amazon. Writings by cancer patients and caregivers from The Write Treatment Workshops at Mount Sinai. The writing is poignant, funny, fierce and inspiring. All proceeds support the Write Treatment Workshops. Available on Amazon: https://a.co/d/4nAVDJo. If you haven’t tried a Journaling Workshop yet, it will be held every Wednesday in August at 8pm.

**Woman to Woman: Sound Frequency as a Therapeutic Tool**
The sound waves or vibrations created by certain tools, such as gongs, tuning forks, and singing bowls can actually alter your brainwave frequencies. You can use different sound frequencies to “hack” your brainwaves and potentially promote physical and emotional healing. Join graduate student Anika Jagasia to learn about how sound frequency can be a helpful tool for cancer patients. The session will conclude with a frequency music therapy session so participants can experience the benefits firsthand!

**The Cedar Club: Chinese-Speaking Cancer Support Group**
Let us read a heart-warming book, “More than a Little” by M.H. Clark and Cecile Metzger. 一起來讀一本暖心的書，由 M.H. Clark 和 Cecile Metzger 所作的《不止一點點》。Let us learn to express how much we appreciate our loved ones. 讓我們一起學習怎樣表達對重要的人的珍惜之心。

**Tuesday, August 22, 2:00 - 3:00 PM**
星期二，8月22日，下午2點至下午3點
To join via computer:
https://mountsinai.zoom.us/j/7425875532
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532

**Easing Joint Pain with Dr. Martha Eddy Online with the JCC**
Feeling discomfort in your joints? Learn how your joints are designed to function and the ways that you can use movement to align them to reduce pain. Discover how to get up and sit down more easily. Bring your questions about what’s going on in your body and let us help you address your personal goals and discover new ways to manage pain.

**Monday, August 2nd 6:30-7:30 pm**
Free for those being tested or treated for cancer. Please email our registration department at boxoffice@mmjccm.org or call at 646-505-5708.

Questions about Programming? Email Alison.snow@mountsinai.org
**Journaling Workshops**
Join one or all of our variety of writing workshops via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written.

**Wednesdays:**  
**August 2, 9, 16, 23 & 30th**  
3:00-4:00pm

Email Emily write.treat@gmail.com to get the Zoom link and password

**Meditation with Alice**
Join Alice Fox for her virtual guided meditation on **Mondays & Wednesdays.**

Learn to connect and enjoy a sense of inner peace and let go of stress. Evidence supports the healing benefits of meditation for cancer patients.

**11:00-12:00PM**

Please email Alice Fox at alicebfox@gmail to register for the zoom link.

**Vocal Ensemble**
Join our Mount Sinai Vocal Ensemble for a little musical delight. Join in whether to sing yourself or to enjoy a little music from the comfort of your own home. The group meets on Zoom and is led by the talented Michael Inge.

**Mondays**  
*NOT MEETING IN AUGUST, next group will be 9/11/23*

Meeting ID: 448 800 2565  
Passcode: 506560

**Yoga For Cancer Survivors with Jerry**
Looking to find a little peace of mind and stretch your body? Join Jerry Snee for a virtual Yoga practice. This class is open to those in treatment and who have completed treatment.

**Fridays at 2:00-3:30pm**

Please note that this is a virtual yoga class and will be held on zoom.

https://us02web.zoom.us/j/730613875  
Meeting ID: 730 613 875  
Passcode: yfpwc

**Yoga For Men Who are Cancer Survivors with Jerry - Hybrid at JCC**
Join Jerry Snee, CYI for in-person or virtual community and Yoga practice. This class is open to those in treatment and who have completed treatment.

**Thursdays 3:00-4:30pm**

Please email jerrysnee@msn.com for more info.  
Makom on the 7th Floor or via Zoom Meeting  
Zoom Meeting ID: 914 5364 7590

**Relaxation Techniques to Prepare for Cancer Surgery**
Connecting mind and body with meditation and hypnosis. Benefits have been reported to include: reducing levels of stress and anxiety, improving sleep, less pain and shorter recovery time. Last Thursday of the month 2-3pm.

**Thursday, August 31st 2-3pm**

To RSVP for the group, discuss additional availability and information please contact Mary Vu, LCSW at mary.vu@mountsinai.org  
OR 347-920-7634

Questions about Programming? Email Alison.snow@mountsinai.org
Crafts and Conversation Group
Have you been recently diagnosed with Cancer? Join us to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis. This group will meet in person in Chelsea at an outside location, please RSVP for details.

Wednesday, August 9th at 11:00am-12:00pm
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

Glioblastoma & Brain Tumor Support Group
Seeking support for yourself or a loved one with a Brain Tumor? Our Glioblastoma Support Group meets 1st Thurs of every month.

Thursday August 3rd at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Lung Cancer Support Group
Join this drop-in group for adults with lung cancer. Share, connect and learn from each other in a supportive atmosphere. This group is facilitated by a licensed social worker. Please join us for an open-ended Lung Cancer support group! Second Monday of the month.

Monday, August 14th 12:15-1:30pm
RSVP and Zoom Information: Kaitlin.Goldgraben@mountsinai.org

Online & Individual Art Sessions & Workshops with the Creative Center
Join the Creative Center for daily art workshops on Zoom. Using simple art supplies and household materials, you'll experience the transformative power of Art to create and have fun! View the current workshop calendar and sign up at https://bit.ly/3ceJyZB

If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact sasachreaticc@mountsinai.org or cibelev@gmail.com. The Creative Center also works with those that are receiving treatment at Mount Sinai West. For any questions or more information contact info@thecreativecenter.org

Young Adult Caregiver Support Group
This is a drop-in group for young adults who are caring for a loved one living with cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere. The group meets every third Tuesday of the month 1:00-2:00pm.

Tuesday, August 15th at 1pm
For Zoom Information and to RSVP please contact Oscar.Duran@mountsinai.org, 212-824-9273

Look Good Feel Better Free Virtual Skincare & Makeup Classes
Look Good Feel Better (LGFB) Live! virtual workshops provide valuable information and connection for women undergoing cancer treatment. This online experience offers live instruction and tips for dealing with appearance-related side effects of cancer treatment during one-hour, online workshops. LGFB beauty professional volunteers guide a group of participants in skin care and makeup application, the use of wigs and other head coverings, nail care, or body image and styling workshops to help manage appearance concerns. Participants can ask questions of the instructor, interact with other participants from the safety and comfort of home.

For more information or to register please visit their website: https://lookgoodfeelbetter.org/virtual-workshops/

Questions about Programming? Email Alison.snow@mountsinai.org
**Post-Allogeneic BMT Support Group**

If you had an allogeneic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant. Every second Monday of the month from 2:00-3:00pm

**Monday August 14th, 2:00-3:00PM**

RSVP and Zoom Information: Ryan.Dritz@mountsinai.org

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**Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis**

Join an oncology social worker for a monthly meeting for education, support, and information sharing. The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends. Last Wednesday of the month and 2nd Thursday evening.

**Thursday, August 10th 6-7pm**

**Wednesday, August 30th 12-1 pm**

RSVP to www.lls.org/metny or call 914-496-3902

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**Multiple Myeloma Mindful Journaling Group**

Join us in a creative and therapeutic process of mindful journaling. Mindful journaling allows our thoughts, feelings and experiences to take tangible form on paper, which helps us to become a better listener to ourselves during times of stress. No experience required.

Every first Tuesday of the Month, 4-5pm

**Tuesday, August 1st 4-5pm**

For more information or to RSVP, Facilitated by Rachel Wangler, LMSW
(212) 824-8759/
rachel.wangler@mountsinai.org

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**Grupo de Apoyo Para Pacientes y Familias con Mieloma**

Los pacientes y sus cuidadores están invitados a compartir sus inquietudes, temores y experiencias en un entorno cómodo, empático y de apoyo mutuo en este grupo mensual gratuito.

El cuarto martes de cada mes.

**Tuesday, August 22nd 5:30-6:30pm**

RSVP/pre-registration is required www.lls.org/metny, call 914-496-3902 or email charlotte.mcdermott@mountsinai.org

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**BIPOC Multiple Myeloma Support Group: "One Day at a Time"**

This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma. The group meets every 4th Monday of the month, 2:00-3:00pm.

**Monday, August 28th, 2:00-3:00pm**

RSVP and Zoom Information: YuMee.Song@mountsinai.org/ (212) 824-8771

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**Caring for the Caregiver Multiple Myeloma Caregiver Support Group**

A support group for caregivers of patients with multiple myeloma. Join us in a space to connect with others, share experiences, learn about resources, and reduce stress and isolation.

Meets 2nd Wednesday of the month, 4-5pm.

**Wednesday, August 9, 4-5pm**

For more information and to receive the Zoom link, please contact Jaclyn Zingman, LMSW at 212-824-8745 or Jaclyn.zingman@mountsinai.org

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Questions about Programming? Email Alison.snow@mountsinai.org
Woman to Woman: Meet Midi

Dr. Mindy Goldman, Midi Health’s chief clinical officer who also serves as UCSF’s Director of the Gynecology Center for Cancer Survivors and At-Risk Women, will be presenting what women & caretakers need to know about menopause, cancer, and survivorship. Midi Health is the premier virtual care clinic for women in midlife. Our platform extends your care for women in perimenopause and menopause, providing access to convenient telemedicine visits with clinicians who specialize in women’s midlife health. We offer holistic care plans personalized to every patient—including cancer survivors—based on her symptoms and health history. Solutions may include FDA-approved hormone therapy, non-hormonal medications, lifestyle coaching, and supplements.

Tuesday, August 2nd
12:00-1:00 pm
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: Book Club

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. August Book: Caryn’s pick! The Guest List by Lucy Foley

August 30th at 7:00pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: Cancer Related Lower Extremity Lymphedema with Berfin Mahmut, PT, DPT, CLT-LANA, OnCS

Berfin Mahmut will discuss lymphedema and how it can impact gynecologic cancer patients and how to help alleviate symptoms. Berfin is a physical therapist specializing in oncology and lymphedema therapy. She is also a Cancer exercise specialist. Berfin has been with Mount Sinai for almost 4 years now. During her time here, she developed the lymphedema and oncology physical therapy program at Mount Sinai Downtown. Seeing her patients get and feel better is what drives Berfin’s passion.

Wednesday, August 30th
12-1pm
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: Gynecologic Cancer Support Group

Meet other women who have been diagnosed with this life changing disease and share your story. The goal is to reduce isolation, share resources, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

Wednesdays, 12:00-1:00 pm
*No group August 23rd

Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group

This monthly group is for long-term (2+) year survivors of gynecologic cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting. Meets the third Monday of every month.

Monday, August 21st
12:00-1:00pm
Meeting ID: 208 938 0884/ Call in-929-203-6099

Woman to Woman Living with Recurrent Gynecologic Cancer

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. Meets the 2nd Tues of every month.

Tuesday, August 8th
12:00-1:15pm
Meeting ID: 865 7625 2999/ Call in- 646-558-8656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Women to Woman: Spirituality Group**
This group meets periodically to 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. The group is facilitated by a board certified interfaith chaplain. Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

**Wednesday, August 10th at 10am**
Meeting ID: 757 176 6991/ Call in- 646-558-8636

**Dubin Zoom Yoga for Breast Cancer Patients**
Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

**Tuesdays, 5:45-6:45pm**
RSVP for the Zoom information or for more information please contact
DubinNutritionist@mountsinai.org

**Dubin Zoom Pilates for Breast Cancer Patients**
Join the Dubin Breast Center of the Tisch Cancer Institute, weekly pilates class focused for patients with breast cancer, led by Melissa Miles.

**Thursdays, 5:00-6:00pm**
RSVP for the Zoom information or for more information please contact, DubinNutritionist@mountsinai.org
These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

**Dubin Zoom Meditation for Breast Cancer Patients**
Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

**Wednesdays, 6:00-6:45pm**
RSVP for the Zoom information or for more information please contact
DubinNutritionist@mountsinai.org

*These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

*This class is open to people being treated for breast cancer at any Mount Sinai Health System*

**Women to Woman: What to Read/Watch/Listen to Right Now!**
At the request of our community members, we are going to connect and share recommendations of our favorite books, must-see television shows and movies, can’t-miss podcasts and more. Crowdsourced ideas about how to stay entertained this summer from your fellow Woman to Woman community members. We will put suggestions in real time into a shared document that will be distributed to attendees after this session. Come prepared to share your recommendations! If you aren’t able to attend the session but would like the list, please email womantowoman@mountsinai.org.

**Tuesday, August 15th at 12:00pm**
Meeting ID: 208 938 0884

**Latina SHARE Support Group for Women with Breast & Ovarian cancer**
Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.

**Wednesday, August 16th at 6pm**
If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org
https://latina.sharecancersupport.org/cancer-de-seno/grupos-de-apoyo-para-mujeres-con-cancer-de-seno-o-de-ovario/ Todos podran registrarse llamando al ocepeda@sharecancersupport.org o 212 221-1750

**Spirituality Group**
Meetings are periodically held to 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. The group is facilitated by a board certified interfaith chaplain. Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.

**Wednesday, August 10th at 10am**
Meeting ID: 757 176 6991/ Call in- 646-558-8636

**Dubin Zoom Yoga for Breast Cancer Patients**
Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

**Tuesdays, 5:45-6:45pm**
RSVP for the Zoom information or for more information please contact
DubinNutritionist@mountsinai.org

**Dubin Zoom Pilates for Breast Cancer Patients**
Join the Dubin Breast Center of the Tisch Cancer Institute, weekly pilates class focused for patients with breast cancer, led by Melissa Miles.

**Thursdays, 5:00-6:00pm**
RSVP for the Zoom information or for more information please contact, DubinNutritionist@mountsinai.org
These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

**Dubin Zoom Meditation for Breast Cancer Patients**
Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

**Wednesdays, 6:00-6:45pm**
RSVP for the Zoom information or for more information please contact
DubinNutritionist@mountsinai.org

*These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

*This class is open to people being treated for breast cancer at any Mount Sinai Health System*

*This class is open to people being treated for breast cancer at any Mount Sinai Health System*

**Questions about Programming? Email alison.snow@mountsinai.org**
Virtual Restorative Yoga

Join our new virtual restorative yoga class with Sammi Ahmen, a survivor. Yoga may help you alleviate some of the symptoms associated with cancer and its treatments. No yoga experience is needed. All levels are welcome. “Yoga is the journey of the self, through the self, to the self.” -Bhagavad Gita

Tuesday, August 15th and 29th
6pm
To RSVP and for more information: Ebtessam.Ahmed@muntsinai.org
Zoom Meeting ID: 88910722187

Knitting Group

Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. Enjoy friendly conversation while you work on your yarn projects.

Anyone in need of supplies please contact csevents@mountsinai.org

Thursdays, 1:00-2:00PM
Virtual

call in to 1-646-876-9923
Meeting ID: 968 1548 3634

Spirituality Group

This is a drop-in group facilitated by a board-certified interfaith chaplain. All belief systems and levels of religious/spiritual engagement are welcome. Content will vary based on participant interests but may include discussion of spiritual themes, sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text.

Thursday, August 10th at 1pm

RSVP for Zoom information:
Kareen.terry@mountsinai.org; 212-824-8129

Spirituality Group

This is a drop-in group facilitated by a board-certified interfaith chaplain. All belief systems and levels of religious/spiritual engagement are welcome. Content will vary based on participant interests but may include discussion of spiritual themes, sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text.

Thursday, August 10th at 1pm

RSVP for Zoom information:
Kareen.terry@mountsinai.org; 212-824-8129

Malecare Prostate Cancer Support Groups

Looking for support since being diagnosed with prostate cancer? Join Malecare for help coping and talking to others with the same diagnosis. They offer virtual support groups for: Advanced Stage, Newly Diagnosed, Gay Men, Active Surveillance, Caregivers.

For additional information, questions and to register for the events, please call 212-647-9700

For more information and to get the zoom link email info@malecare.org or visit https://malecare.org/support-groups/

Questions about Programming? Email alison.snow@mountsinai.org
Zentangles: Beyond the Basics Online with the JCC
Come create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tanglers to access a delicious pleasure and calm. Bring a cup of tea, unlined white paper, a fine- tipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off!
Fridays: August 4, 11, 18 & 25
11:30-12:30pm
You will receive a confirmation letter for your registration that will include the zoom link. Free for those being tested or treated for cancer.
Please contact registration by email at boxoffice@mmjccm.org for additional information.

Restful Nights: Calm the Mind with Yoga + Qi Gong 3 part series Online with the JCC
Looking for a way to calm your mind and get better sleep? Michele’s gentle guidance will help you release tension and soothe your mind, promoting better sleep and overall well-being. Take care of both your physical and mental health. Feel more centered and at peace, ready to enjoy the benefits of a good night’s sleep or a healthy nap.
Monday, August 14, 21 & 28
1:30-2:45 pm
Free for those being tested or treated for cancer. Please email our registration department at boxoffice@mmjccm.org or call at 646-505-3708.

Gentle Water Aerobics for Women Living with Cancer at the JCC
Join Velia Hoffman for gentle exercise class. Water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. Please register for class the training pool is limited to 6 participants. The class is free of charge to individuals impacted by cancer.
Tuesdays:
10:00-11:00am
*Pool will be closed from 8/12-9/10 for maintenance
Free for those being tested or treated for cancer.
Registration by email: boxoffice@mmjccm.org

Nia Moving to Heal for Women Living with Cancer Virtual with the JCC
Nia is a holistic workout for the mind, body, and soul that incorporates elements from martial arts, dance, and relaxation techniques. Learn to slow down and personalize movements for your own body, while focusing on feeling better.
While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join Caroline Kohles for Nia!
Tuesdays at 4:15-5:15 PM
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Breast + Ovarian Cancer Support Massage at the JCC
Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post-treatment and/or post-surgery. Prescription and online intake required.
Tuesdays & Thursdays
10-12pm
Email oncologymassage@mmjccm.org or call 646.467.9239 for details.

Daily Drop in Facilitated Meditation Hybrid with the JCC
Daily Drop-In Meditation (hybrid) Activate peace and calm whether you’re brand new to meditation or an experienced practitioner, all are welcome. Meditation will continue on Zoom with select dates also held in person (there will always be a virtual option).
Mornings: Mon–Fri, 7:30–8:30 am
Evenings: Mon-Thurs 5:45-6:45pm
Meeting ID: 942 4397 1448
Password: meditation
Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information.
Yoga for Cancer Care
Hybrid with the JCC
Allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften as you improve well-being, feel better and regain and maintain your center. Gentle postures, relaxation and meditation will be incorporated into this class. No prior yoga experience is needed.
While anyone impacted by cancer is welcome, class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Whitney Chapman

Mondays
6:15-7:30pm

Join us online or in person for this FREE Yoga for Cancer Care class via zoom or in the Mezzanine classroom at the JCC.
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care

Healing Yoga For Women Living with Cancer Hybrid with the JCC
Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body’s ability to promote healing. In this healing yoga class, we will gently stretch the body to open into yoga postures that soothe and strengthen. Working with classic yoga postures designed to support the body through treatment and beyond, this practice will create calm and centeredness. While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Jerry Snee, Certified Yoga Instructor

Thursdays, 6:45-8:00pm

In person room Mezzanine Classroom
In order to get the new Zoom link for this class, please go to https://mmjccm.org/programs/hybrid-healing-yoga-women-living-cancer
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Yoga4Cancer
Online with the JCC
Yoga4Cancer is designed to help those living with cancer manage treatment side effects and speed recovery through an evidence-based oncology yoga program. Yoga4Cancer builds strength and mobility in safe ways in order to stimulate the immune system and build bone density while detoxing the body and cultivating a sense of well-being.
Whlile anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Leora Leung, certified Yoga4Cancer instructor

Sundays, 3:00-4:15 PM

In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

Ai Chi Renewal Program for Women Living with Cancer
Online with the JCC
The class will include breathing, relaxation, gentle exercises, stretching & some strengthening plus virtual AiChi moves. Ai Chi: Japanese for Love Ai; Chi Chinese for energy. Facilitated by Teri Dupuy. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are nevertheless open to all cancer survivors.

Thursdays at 9:45-10:45am

Join Martha Eddy + Ana Leon Bella + Evelyn Nunlee for gentle dance-exercise for women living with cancer. Classes concentrate on restoring upper body movement impacted by side effects of breast cancer surgery, chemo, and radiation. Exercise increases energy levels, boosts immunity, helps with weight management and eases symptoms of chronic illnesses! At this time all classes are nevertheless open to all cancer

Moving for Life
Online with the JCC
Join Whitney Chapman

Moving for Life: Gentle Cardio Workout -
Online with the JCC
Join Ana Leon Bella, Tatiana Valencia + Martha Eddy for this gentle cardio workout. Moving for Life is a light cardio workout that addresses fatigue and lymphedema, increases flexibility and promotes weight management. While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

Saturdays at 11:00-12:00pm

Please contact Registration by email at boxoffice@mmjccm.org
**Chemo Companions and Peer to Peer Prostate Support**
Chemo Companions pairs up patients with medical and graduate school students to regularly attend appointments and provide support throughout patients’ chemotherapy treatment at Ruttenberg Treatment Center. Contact anna.gribetz@mountsinai.org or 646-574-1008

Are you diagnosed with prostate cancer and would be interested in being matched with a peer mentor? Jean Claude is our current peer mentor. He is a patient at Mount Sinai Hospital where he was treated for prostate cancer in 2005. Since 2007 he has worked with cancer patients as a volunteer at Mount Sinai Hospital’s Ruttenberg Treatment Center. For more information reach out to Anna.gribetz@mountsinai.org

**Vegetable of the Month: Eggplant**

**Why eat eggplant?** The health benefits of eggplants are plentiful as they aid in helping build strong bones, cognitive function, cardiovascular health, and protect your digestive system. They are easy to add into your diet, and the many positive health outcomes are well worth it! Eggplants are botanically fruits but as treated as vegetables, eating eggplant gives you the nutrients of two sources in one food! High in FIBER and FOLATE, rich in VITAMINS C and K, POTASSIUM, MANGANESE

**How do I select, store and prepare it?**
Eggplants are most commonly spotted in farmers markets/stores in the late summer or fall. Pick eggplants that are dull with taut skin, no soft spots or skin bruises, with a green cap and portion of the stem; You may consider purchasing organic eggplant. Prepare: Keep or remove the eggplants skin then cut off the green cap and stem; Slice the eggplant and sprinkle with salt to preserve the texture and decrease oil absorption of the eggplant then place in the oven to bake and serve. Eggplants can be stored for several days.

**Recipe: Olive Oil Roasted Eggplant with Lemon**

**Ingredients:**
- 1 large eggplant
- 3 tablespoons of extra virgin olive oil
- 2 tablespoons of fresh lemon juice
- Salt and pepper to taste

**Directions:**
1. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or lightly grease.
2. Slice the eggplant in half lengthwise, and then cut each half into quarters lengthwise. Cut each of those in half to make two shorter quarters. Place the eggplant onto the baking sheet with the skin side down. Brush each piece with olive oil and season with salt and pepper.
3. Roast in the preheated oven until softened and golden brown, 25 to 30 minutes. Remove from the oven and sprinkle with lemon juice. Serve hot.

**Save the Date!**
September is a busy month, here is a preview of what we are planning:
- Prostate Cancer Awareness Month Event 9/20 5:30-8pm NYAM
- September is Myeloproliferative (MPN) Blood Cancer Awareness Month, Please join us virtually on 9/27 at 4pm
- Medicare Presentation with the Cancer Bar Advocacy Project 9/21 at 12pm
- Ovarian Cancer Awareness Month 20 Medical Advances in Treatment of Gynecologic Cancer with Dr. Blank 9/14 at 10am
- Join us for virtual Tai Chi in recognition of the Mid-Autumn Festival weekly Mondays 2pm starting 9/4

We would like to thank the following funders: The Marisa Acocella Research Foundation through a grant from Bloomingdales, Lower Manhattan Cultural Council, Poets & Writers, NYCT, Paul Robert Carey Foundation

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team. @MSHScancersupportiveservices

Questions about Programming? Email alison.snow@mountsinai.org