World Cancer Day is February 4th. Join us in learning about how we are working to close the care gap in cancer inequity, uniting our voice and taking action to challenge those in power. Follow us on our #MSHScancersupportiveservices Instagram to see our social media week long campaign on how we are addressing barriers to cancer inequities and how you can join us in action! Additionally, in February celebrate Galentine’s day in person with us at Chelsea on 2/13 at 1pm. Log on to our virtual Lunar New Year celebration on Feb 2nd at 4pm. Join Navigating Cancer as a Couple on Feb 12 at 6pm. Check out our new “ask the dietician” answer from our Instagram post, you asked, we answered! We hope to see you at one of our exciting February programs!

Navigating Cancer as a Couple
It’s no secret that cancer and its treatment can introduce new challenges into a relationship. Even the strongest partnerships can benefit from extra support and tools during periods of increased stress! In this Zoom workshop, we’ll explore common experiences of couples navigating cancer and learn strategies to communicate effectively and feel emotionally connected.

Monday, February 12nd
6-8pm
Zoom link will be provided upon RSVP. For more information or to RSVP please email Rebecca McCarthy at rebecca.mccarthy@mountsinai.org

Cedar Club: Chinese-Speaking Cancer Patients Support Group Lunar New Year Virtual Celebration
星期五，2月2日，下午4點至5點半
Join us for a virtual Lunar New Year celebration!
让我们一起在网上午過視訊慶祝農曆新年！
Let us welcome the new year with music!
让我们在音樂中迎接新的一年！
Friday, February 2nd, 4:00 PM – 5:30 PM
To join via computer: https://mountsinai.zoom.us/j/7425875532 通過電腦視頻加入會議的鏈接：
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923. Meeting ID: 742-587-5532 通過電話加入會議：
請先撥打 1-646-876-9923，然後輸入會議號碼 742-587-5532 For more information, please contact: Emma Mi Zhou, LCSW at
mi.zhou@mountsinai.org or 212-604-6095
想知道更多信息，請聯繫執業臨床社工周宓小姐
郵箱 mi.zhou@mountsinai.org 或者 電話 212-604-6095

Galentines Day Celebration in Person at Chelsea
Join us at 325 West 15th Street, Main Conference Room to celebrate Galentine’s Day, a holiday that celebrates women’s friendship. Pamper yourself with a fun and relaxing gathering with our friends from Bits & Pieces, Little Words Project®, Love House Foundation and much more!
We will have a tarot card reader, treats and surprises!

Tuesday, February 13th,
1-2:30pm
*Exclusive Giveaway to the first 20 RSVPs, so register early!

Contact Emily Szafara, LMSW for more information: emily.szafara@mountsinai.org 212-367-0106
**Journaling and Writing 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.

**Writing Workshops meet Mondays**

Feb 5 & 19

**Journaling Workshops meet:**

Wednesdays: Feb 7, 14, 21, 28

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 **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**

*No group 2/7*

Please email Alice Fox at alicebox@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 February 5, 12, & 26**

1-2pm

Meeting ID: 448 800 2565
Passcode: 506560

---

**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, February 29**

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

---

**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.

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

Please email jerrysnee@msn.com for more info.

Mezzanine Classroom or via Zoom Meeting
Meeting ID: 860 3585 6126
Passcode: jccyogamen

---

**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 cssevents@mountsinai.org*

**Thursdays, 1:00-2:00PM**

Virtual

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

---

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 in the Main Conference Room.

Wednesday, Feb 14th at 11:00am-12:00pm
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

Talleres Mensuales en Español para Pacientes en Tratamientos Oncológicos
El objetivo de los talleres es crear una conexión entre los pacientes y el equipo de salud. Es un espacio creado para compartir preguntas para apoyo financiero, comunicación con equipo médico y apoyo para obtener calidad en el proceso de los tratamientos. El taller será facilitado por una trabajadora social el último miércoles de cada mes.

Miércoles, 28 de Febrero 4:00pm a 5:00 pm
Zoom Meeting ID: 968 3919 7913
Para unirse por llamada
Telefónica:+1646-931-3860
Para mayor información puede contactar a Maria Amado al 973-986-9030 o escribir un correo electrónico a: maria.amado@mountsinai.org

Chinese Cancer Support Group
Embracing the Night: Support and Healing for Insomnia in Cancer Patients

Join Social Worker Intern Wenqian for a discussion about methods to alleviate insomnia. Let us explore simple relaxation techniques and psychological adjustments in order to reduce mental burden, enhance sleep quality, and rediscover the tranquility and peace of the night.

Monday, February 12th, from 3:00 PM to 4:00 PM
RSVP and Zoom Information:
Mae.Ryan@mountsinai.org

Radiating Strength: A Radiation Oncology Peer Support Group - Virtual
Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment. This month we will be doing journaling.

Tuesday, February 13th 2:30-3:30pm
RSVP and Information: Mariam.rahya@mountsinai.org or call 929-837-1119

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

RSVP and Zoom Information:
Kat.Safavi@mountsinai.org

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, Feb 12th 12:25-1:30pm
RSVP and Zoom Information: Mae.Ryan@mountsinai.org

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 first Wednesday of each month 1-2pm

**Wednesday, Feb 7th
1:00-2:00PM**

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

### 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 Tuesday evening.

**Tuesday, Feb 13th 6-7pm**  
**Wednesday, Feb 28th 12-1pm**

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

### 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, Feb 6th 4-5pm**

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

### 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.

**El martes, 27 de febrero a las 5:30-6:30pm**

Para mas informacion visite www.lls.org/metny or llamar al: 800-955-4572.  
Dirigido por Charlotte McDermott, LMSW  
(212) 241-7868/la facilitadora del grupo charlotte.mcdermott@mountsinai.org

### 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 Wednesday of the month, 4:00-5:00pm.

**Wednesday, Feb 28th, 4:00pm**

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

### 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. The group meets the 2nd Wednesday of each month.

**Wednesday, Feb 14th, 5:30pm**

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

---

Questions about Programming? Email Alison.snow@mountsinai.org
**Woman to Woman: Moving through Cancer with Zumba**

Zumba is a Latin inspired aerobic dance class that feels like exercise in disguise. Easy to follow moves and great music, you’ll leave feeling great from head to toe. Barbara Delicurti will lead a Zumba Gold class which is perfect for our gynecologic community members who are looking for a Zumba class at a lower-intensity level.

**Wednesday, February 14th**

12-1 pm

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

**Woman to Woman: Book Club**

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.

Sally’s pick! The Heaven and Earth Grocery Store by James McBride

**Wednesday, Feb 28th**

7pm

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

**Woman to Woman: BIPOC Women Navigating Gynecologic & Breast Cancer: A patient support group for black, indigenous, and people of color (BIPOC)**

In recognizing the unique experiences of women who identify as black, indigenous, people of color (BIPOC) with gynecologic or breast cancer, we created this 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. This 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.

**Monday, February 5th at 12pm**

Meeting ID: 208 938 0884
Call in-929-205-6099, 2089380884#

**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**

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 *meeting 2nd Monday this month*

**Monday, February 12th**

12:00-1:00pm

This month only will meet the fourth Monday of the month instead of the third due to the MLK holiday

Meeting ID: 208 938 0884 Call in-929-205-6099

**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, Feb 13th**

12:00-1:15pm

Meeting ID: 865 7625 2999 Call in- 646-558-8656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
Thriving with Woman to Woman
The purpose of this new 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. 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.

Tuesday, Feb 27th
12pm
Meeting ID: 208 938 0884
Call in # 929-205-6099

Woman to Woman: Coping with Grief after a Cancer Diagnosis with Barbara Albin, LCSW
People who live with cancer may grieve for many things, such as the loss of their sense of health and security, a lost body part, the inability to have a child, changes to future plans or money problems due to time away from work. In this presentation you will learn about grief, including things that impact on the grieving process and how to cope with grief. This presentation will be facilitated by Barbara Albin, LCSW who has worked both individually and in groups with clients suffering from grief for the last 17 years.

This session is open to all members of the cancer community and caregivers

Wednesday, Feb 28th
12pm
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: The Nutritional Benefit of Spices
Explore the profound impact of spices on the nutritional well-being of cancer patients. Gain insights into how these flavorful additions can contribute to a balanced diet, offering not only taste but potential health benefits. Join graduate student Anika Jagasia for a journey through the aromatic world of spices and their role in supporting the nutritional needs of those undergoing cancer treatment.

Thursday, Feb 8th
12pm
Meeting ID: 208 938 0884
Call in # 929-205-6099

Woman 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.

Thursdays Feb 15th
10am
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Questions about W2W Programming? Email womantowoman@mountsinai.org

Ostomy Support Group
Got a stoma? Getting a stoma? Join this group to connect with others and share your experiences. This group will meet the 2nd Thursday of the Month. Please join us!

Thursday, February 8th
3-4pm

Questions about W2W Programming? Email womantowoman@mountsinai.org

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, February 21st 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
212 221-1750

Questions about W2W Programming? Email womantowoman@mountsinai.org
**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

*These programs are ALL virtual, online via Zoom. Once you sign up for a class, 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 location*

---

**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 are ALL virtual, online via Zoom. Once you sign up for a class, 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 location*

---

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

**Thursdays, 5:00-6:00pm**
RSVP for the Zoom information or for more information please contact, DubinNutritionist@mountsinai.org

*These programs are ALL virtual, online via Zoom. Once you sign up for a class, 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 location*

---

**Healing through Journaling for Breast Cancer Patients**
Join our Healing through Journaling group via ZOOM! This group is open to all breast cancer patients and facilitated by Lori Perkins, a Breast Cancer Survivor and accomplished editor and author. Participants will receive writing prompts during the session and will have time to write and share with the group. be First Tuesday of the month at 1:30 PM and on the Third Thursday at 6:30 PM.

**Tuesday, Feb 6th at 1:30 & Thursday Feb 20th at 6:30pm**
For more information and zoom link please call Jessica Kreitman 212-241-8765

---

**Young Adult Breast Cancer Support Group**
Members will be able to share their experiences and emotions in a non-judgmental space, fostering within the group a sense of community that can be difficult to find elsewhere. This virtual group is open to patients ages 20-early 50s and at all stages of disease, including survivorship, are welcome. Group meets the first Wednesday of the month.

**Wednesday, Feb 7th 6:30-7:30pm**
RSVP and receive zoom info call 212-241-7748

---

**Dubin Schmoozin in person**
Join us as we craft courage in a supportive space where art becomes a therapeutic tool for expression and resilience. Breast cancer patients of all ages and stages are welcome. The group meets on the second Wednesday of the Month in the Dubin Breast Center: 1176.5th Avenue New York, NY

**February 14th 1:30-2:30pm**
For more information call 212-241-7748

---

Questions about Programming? Email alison.snow@mountsinai.org
**Post-Treatment Survivorship Support Group**
Join us for a place to learn, share experiences, and connect with other cancer survivors. The 1st and 3rd Friday of the month, Co-facilitated by Rachel Brenner, SWI & Mollie Sailor, SWI.

**Friday, February 2nd & 16th**
12pm-1pm

Zoom Meeting ID: 742 587 5532

To learn more, please reach out to Rachel Brenner at Rachel.brenner@mountsinai.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 Tuesday.

**Tuesdays at 12pm**

For Zoom Information and to RSVP please contact
Oscar.Duran@mountsinai.org, 212-824-9273

**Caregiver Support Group**
Join us for a place to learn, reduce stress, and connect with other caregivers in the community

**February 5, 12 & 26**
4-5 PM

Online via Zoom ID # 948 9031 3570 or by phone (646) 876 - 9923

Facilitated by Social Work Interns
Madison Hankin & Haley Shea
To learn more or RSVP, please reach out to Madison Hankin at Madison.Hankin@mountsinai.org or (212) 523 - 7194

---

**Road to Resilience**
A group for people in recovery or actively using substances to process experiences and get support from one another while navigating cancer. This group is led by Oncology social workers and will meet virtually on the second Wednesday of each month.

**February 14th at 2pm**

Meeting ID: 929 2731 3680
Password: Support
For more information and to register, please call/text 929-687-1504

---

**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.

- **Black Men’s Prostate Cancer Initiative Support Group**
The Black Men’s Prostate Cancer Initiative support groups provide prostate cancer education resources and support specifically for Black men diagnosed with prostate cancer. Our support groups under this initiative are currently fully remote, with the group being led by two licensed mental health professionals.

2nd and 4th Monday of each month at 8pm EST

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
Join instructors and certified Zentangle teachers Kathy Shapiro + Sarah Reading to 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 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: Feb 2,9,16,23
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.

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
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

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 5:45–6:45 pm
Meeting ID: 942 4397 1448
Password: meditation
Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information.

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.

Zumba Strong + Stretch for Cancer Care in Person
Build your stamina and strength by starting with a nice long warm-up that grooves you into a good Zumba sweat then takes you into some deep stretching and final meditation. This class is structured to give a mind, body, and community experience offering students a good cardio workout with specific exercises to increase your flexibility, mobility, and stamina. Class limited to 12.

Wednesdays 12:30-1:30pm
Registrations are processed on a first-come, first-served basis. Please contact Registration by email at boxoffice@mmjccm.org for additional information or if you are having trouble registering.

Gentle Yoga + Music to Awaken Love Within online with the JCC
Experience the sounds and vibrations of healing harp music played live on zoom. Breathe into restorative yoga postures to relax your body, calm your mind, and gently open your heart to the love within.
Presenters Whitney Chapman & Amy Camie

Monday, February 12th
6:15-7:30m
Free for those being tested or treated for cancer at Breast link New York or elsewhere
You will receive your Zoom link 30 mins prior to class. If you register within 30mins of class start time please email boxoffice@mmjccmanhattan.org to receive the link.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
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/healing-yoga-women-impacted-breast-or-ovarian-cancer

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.

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 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

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

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.

Moving for Life
Online with the JCC

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 survivors.

Wednesdays
at 12:00-1:00pm

Please contact Registration by email at boxoffice@mmjccm.org

Nia Moving to Heal for Women Living with Cancer
Hybrid 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 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
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 saschacreativecenter@ny@gmail.com 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

Red Door Community Programming

The Red Door Community is a free cancer support community. They offer free workshops and groups, including a Spanish speaking support group “Amigos Unidos:Grupo de Apoyo para pacientes con cancer”. Red Door community is a comunidad de apoyo para pacientes con cáncer. Esta comunidad ofrece conferencias y grupos de apoyo, incluyendo un grupo facilitado en español llamado “Amigos Unidos: Grupo de apoyo para pacientes con cáncer”.

Para más información, preguntas o si desea registrarse, comuníquese al 212-647-9700 o visite la página web www.reddoorcommunity.org.

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

Updates to Medicare & Medicaid online with Karpas Health Info Center

The presentation by Dawn Schuk Outreach Coordinator, Office of the Chief Medical Director/ Office of Citywide Health Insurance Access (OCHIA), Human Resources Administration (HRA), Department of Social Services provides key health insurance options for seniors and people with a disability on upcoming changes to Medicare and Medicaid coverage in NYS in 2024. These changes will open coverage to populations who have been unable to secure insurance in the past.

February 5th 1-2pm

Zoom Meeting ID: 969 0204 7382
Passcode: 735621

Are organic foods better than conventional foods for reducing cancer risk?”

- Eating a diet rich in plants is good for our overall health and can help reduce our risk of developing cancer! Organic or not it is beneficial to incorporate these foods daily.
- The American Institute of Cancer Research reports that the study completed in France is a great start, but more research is needed to provide recommendations regarding eating organic vs non-organic. The AICR continues to recommend focusing on a plant based diet, limiting red meat and physical activity.

Sources: https://www.aicr.org/resources/blog/organic-foods-and-cancer-risk-separating-myth-from-fact/

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
Latina SHARE Support Group for Women with Breast & Ovarian cancer

Únete a Latina Share un grupo de apoyo en español para nuestros pacientes de Mount Sinai Cancer Center, diagnosticados con cáncer de mama o de ovario.

Miercoles, 21st de Febrero
6pm

Para más información, preguntas o si desea registrarse, comuníquese al 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 212 221-1750

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.

El martes, 27 de febrero a las
5:30-6:30pm

Para mas informacion visite www.lls.org/metny or llamar al: 800-955-4572.
Dirigido por Charlotte McDermott, LMSW (212) 241-7868/la facilitadora del grupo charlotte.mcdermott@mountsinai.org

Talleres Mensuales en Espanol para Pacientes en Tratamientos Onclogicos

El objetivo de los talleres es crear una conexión entre los pacientes y el equipo de salud. Es un espacio creado para compartir preguntas para apoyo financiero, comunicación con equipo médico y apoyo para obtener calidad en el proceso de los tratamientos. El taller será facilitado por una trabajadora social el último miércoles de cada mes.

Miércoles, 28 de Febrero
4:00pm a 5:00 pm

Zoom Meeting ID: 9683 9197 913
Para unirse por llamada Telefónica:+1646-931-3860
Para mayor información puede contactar a Maria Amado al 978-936-9030 o escribir un correo electrónico a: maria.amado@mountsinai.org

Latina SHARE Support Group for Women with Breast & Ovarian cancer

Únete a Latina Share un grupo de apoyo en español para nuestros pacientes de Mount Sinai Cancer Center, diagnosticados con cáncer de mama o de ovario.

Miercoles, 21st de Febrero
6pm

Para más información, preguntas o si desea registrarse, comuníquese al 212-647-9700 o visite la página web www.reddoorcommunity.org.