March is Multiple Myeloma Awareness Month. We are excited to collaborate with the Leukemia & Lymphoma Society for Lo Nuevo en Tratamientos y Servicios de Apoyo Para Pacientes con Mieloma with Dr. Rodriguez and Silvia Mejia on March 29th. March is also Lymphedema Awareness Month; in recognition, we will have a Lymphedema Workshop on March 27th. March is also National Social Work and National Nutrition Month. Everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. We hope to see you at one of our exciting March programs!

We are still virtual and we are still here to provide you support. We are using zoom to offer FREE programming for patients and caregivers. Zoom is an online platform which is accessible via phone, laptop, desktop, and tablet. We have included the links, dial in numbers and meeting IDs so you can join us.

March is Lymphedema Awareness Month, please join us for an upper extremity lymphedema workshop that includes both education and exercise. This class will be taught by Berfin Mahmut, PT, DPT, CLT - LANA.

Sunday, March 27th at 12pm-1pm.
Zoom Info: 646-876-9923 Meeting ID: 320 489 3433
http://mountsinai.zoom.us/j/3204893433

Please contact Alyssa Freeman, LMSW with questions or to RSVP: Alyssa.freeman@mountsinai.org (646)740-7110

Cancer Survivorship: Strategies for Caring for Yourself.
Join us for a discussion about cancer survivorship featuring a panel of distinguished members of the Mount Sinai Health Network and community partners. This workshop will be held in Cantonese.

Featuring Panelists: Dr. Cai, Honkeung Daniel Wong, RD, CDN, CDCES, Hing Lin (Helen) Sit, LCSW.

Wednesday, March 16th
3:00-4:00PM

For more information please email CSSevents@mountsinai.org, or call Emma Zhou, LCSW at 212-604-6095
Webinar ID 85296013465, press #, Press # again, and enter passcode 118910 followed by another # sign.
This project is supported with funds from Health Research, Inc. and the New York State Department of Health with funds from the CDC.
Mount Sinai 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 on

**Mondays at 1:00pm**
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
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

**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
Join Jerry, CYI for virtual community and Yoga practice

**Thursdays 3:00-4:30pm**
Please email jerrysnee@msn.com for more info.

Join Zoom Meeting
https://zoom.us/j/9143647590
Password: jccycogamen
Meeting ID: 914 5364 7590

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. Beginners are always welcome. We’ll get you started!

**Thursdays, 1:00-2:00PM**
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433
Newly Diagnosed 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.
Wednesday, March 9th
at 11:00am-12:00pm
https://mountsinai.zoom.us/j/94015250142
or call in to: 646-527-0226
Meeting ID: 940 1525 0142
RSVP to Liza at 347-580-0669 or liza.lundgren@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.
Mount Sinai Downtown:
Thursday, March 10th
at 1:30pm
Mount Sinai Morningside:
Wednesday, March 16th
2:30-4:00pm
If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org
Todos pueden registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

The Cedar Club: Chinese-speaking Cancer Patients Support Group
Join us for a workshop given by guest speaker Janet Hsun, Medical Billing Specialist.
邀请大家参加特邀嘉宾“医疗报销师”Janet老师的讲座。
What is medical billing? How can we navigate medical billing process and advocate for ourselves?
什麼是醫療報帳？醫療報帳的過程是怎樣的？我們如何為自己爭取權利？
Friday, March 25, 1:00 PM - 2:00 PM
星期五，3月25日，下午1點至下午2點
To join via computer: https://mountsinai.zoom.us/j/7425875532
To join via phone: dial 1-646-876-9923.
Meeting ID: 742-587-5532
通話電話加入會議的號碼：
通話電話加入會議：首先撥打1-646-876-9923，然後
輸入會議號碼742-587-5532
Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095

SPOHNC GROUP
Support for People with Oral and Head and Neck Cancer (SPOHNC)
SPOHNC is a vital resource for head and neck cancer patients. We have had an enormous positive impact on meeting the psychosocial needs of patients as well as preserving, restoring, and promoting physical and emotional health. SPOHNC is a foundation for patient and family education and awareness.
Tuesday, March 15th
3:30pm-4:30pm
RSVP to Darren Arthur, LCSW (212)844-6292 or email darren.arthur@mountsinai.org to get the login info and Zoom link!

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, March 3rd
at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm
Thursday, March 17th at 5:30pm
To join the groups email:
Kat Safavi, LCSW
Kat.safavi@mountsinai.org

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Meghan Shafer, LCSW 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.
Thursday, March 3rd
6:00-7:00 pm
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop Zoom information

Questions about Programming? Email Alison.snow@mountsinai.org
**Caregiver Support**
Caregivers of cancer patients please join us for a support group to help you manage the stress and anxiety. We will share tips and suggestions. The sessions will be facilitated by Jaclyn Zingman, SWI & Nicole Ross, SWI.

**Thursday, March 3**
**4:00-5:00PM**
Meeting ID: 95054322314 or by phone 646-876-9923

For more information or to RSVP please call or email Jaclyn jaclyn.zingman@mountsinai.org or 212-523-7289

---

**Young Adult Support Group**
This group offers patients, ages 18-40, an opportunity to share experiences and issues, ask questions, and hear how often others are coping with their illness in a facilitated discussion with Liza Lundgren, LMSW and Michael Horton, Staff Chaplain.

**March 3rd 11:00-12:00pm**
For more information: liza.lundgren@mountsinai.org/ 347-580-0669
https://mountsinai.zoom.us/j/97227322865
or call in to 1-646-876-9923
Meeting ID: 972 2732 2865

---

**Radiation Oncology Support Workshop**
Are you undergoing radiation treatment and are you interested in connecting with others who are also going through the same treatment? The group will be meet the 2nd and 4th Monday of every month.

**Monday, March 28th**
**4:00-5:00PM**

Join Zoom Meeting
https://mountsinai.zoom.us/j/92212916996
Meeting ID: 922 1291 6996
One tap mobile+16468769923

---

**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, 5:30-6:30pm**
RSVP for the Zoom information or for more information please contact Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

*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 Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

*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 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 Kelly Hogan, Clinical Nutrition & Wellness Manager at 212-241-0741.

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

---

Questions about Programming? Email Alison.snow@mountsinai.org
Breast Cancer Self-Love Series
Incorporating self-care into your routine is an important part of caring for your mind and body. Please join us for a series of workshops on techniques for incorporating self-care into your daily life, led by Social Work Intern Jeanne DiSimone. A special workshop will take place on March 3rd featuring breast cancer survivor, Mahwish Syed. This group is open to all breast cancer patients.

Thursday, March 3rd, 11am-12pm

Jeanne DiSimmone, SWI, email jeanne.disimmone@mountsinai.org 347-687-0078

Malecare All Things Prostate Cancer & Advanced Prostate Cancer Support Group
Looking for support since being diagnosed with prostate cancer? Join Malecare for help coping and talking to others with the same diagnosis.

Wednesdays
For more information and to get the zoom link email info@malecare.org

Malecare Gay Men’s Prostate Cancer Group
A cancer diagnosis can be a lot for anyone to handle, but gay men may experience added challenges due to histories of homophobia and marginalization. Join Malecare on the 1st Monday of every Month at 6pm for support from other gay men going through a similar experience.

First Monday of the Month at 6pm
To get the zoom link and RSVP email info@malecare.org

El Grupo de Apoyo para Jóvenes
El grupo de apoyo para jóvenes se ofrece a pacientes entre 18 y 40 años Tendrán la oportunidad de compartir sus experiencias de vida, como se están adaptando a su diagnóstico y tratamiento, hacer preguntas, y escuchar de otras personas. Esta discusión será facilitada por Alyssa Freeman, trabajadora social y Silvia Mejia, capellana.

Martes, 8 de Marzo 2:00-3:00pm
Para unirse a la reunión use el enlace: https://bit.ly/37OCzo0
O llame al 1-646-876-9923 ID de reunión: 320 489 3433
Para más información y para reservar tu espacio contacte a: Silvia.Mejia@mountsinai.org o llame al 646-527-0226

Art 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/3cEyZB

For any questions or more information contact info@thecreativecenter.org

Fable Writing Series
Naimah Hassan, a licensed theater teacher, artist, director, and audition prep coach, who will guide us in writing our own fable! Each guest will create their own story that concludes with a moral lesson. At the end of the four weeks, everyone will have a chance to share fables with each other. Workshops will take place over zoom, every Monday starting

March 21st at 3pm-4pm.

Zoom Info: 646-876-9923 Meeting ID: 320 489 3433
http://mountsinai.zoom.us/j/3204893433
Please contact Emily Szafara with questions emily.szafara@mountsinai.org (347)964-3093

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

Join Zoom Meeting:
Meeting ID: 757 176 6991
Call in- 646-558-8656, Meeting iD- 757166991#

---

**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.

**Monday, March 21st 12:00-1:00pm**

Join Zoom Meeting
Meeting ID: 825 1724 0941
One tap mobile +19292056099

---

**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, March 8th 12:00-1:00pm**

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

---

**Woman to Woman COVID & CANCER:- Special Four Week Series: Managing and Relieving Pandemic Stress with Hypnosis**
In this 4-session series with Certified Hypnotist, Emma Ehrenzeller, you’ll learn about hypnosis and other tools that can reduce stress and cultivate emotional wellness, especially as we continue to navigate COVID-19. During each session, Emma will conduct a live hypnotic meditation for you to experience the mental calm and clarity of hypnosis for yourself.

**Thursdays, 11:00 -12:30pm**

Meeting ID: 208 938 0884/ One tap mobile: +19292056099

---

**Woman to Woman: BRCA Awareness**
Having the BRCA mutation comes with some tough choices. Choices that many, unless in a similar circumstance don’t understand. We do. The purpose of this group is to talk about the impact the BRCA mutation has on your physical and emotional health and how you manage it. This group will be co-led by an oncology social worker and a Woman to Woman survivor volunteer who has the BRCA mutation.

**Tuesday, March 29th 12:00-1:00pm**

Join Zoom Meeting
https://bit.ly/2ZUuQ2c
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 ...). March Book: Anxious People by Fredrik Backman. *If you are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org

**Wednesday, March 30th 7:30-8:30pm**

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

---

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Woman to Woman: The Good Bad & The Ugly: Relationship with Loved Ones After Cancer**
A cancer diagnosis can change how you seek support from others. You may look to friends for light-hearted distraction, help with decision making or reassurance and comfort. However, all too often, relationships become complicated and fraught with misunderstanding. Join us as we talk together about how to express yourself clearly and thoughtfully so you feel connected, understood and supported along the way. Join **Julie Larson**, LCSW a nationally recognized speaker.

**Wednesday, March 23rd**
**11:00-12:00 pm**
Join Zoom Meeting  
Meeting ID: 757 176 6991 Call in- 646-558-8656

**Yoga for Anxiety & Stress Online with the JCC**
Anxiety, stress, and trauma impact the body on all levels, affecting how we move, how we think and how we feel. Explore different aspects of the yoga tradition to find ways to center yourself and expand your coping skills, to move beyond stress-filled moments. Each week in this journey we’ll explore different yogic practices to help build our resiliency toolbox for managing anxiety, stress, and trauma. Facilitated by **Whitney Chapman**, RYT

**Sundays, March 6th, 13th & 20th**
**6:00 -7:15pm**
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

**Woman to Woman: Collage Workshop with the Creative Center**
Join us for this relaxed collage workshop, where we will begin with a few expressive arts techniques in order to open up our creative brains in community together. Artist **Liz Rubel** will walk us through collage tips, techniques, and a variety of approachable options that will focus on the process of creating, over judging a finished result. Collages can hold much to interpret, and together we will talk about what we might see in our own works. No art background or art-making skills necessary!

**Wednesday, March 9th**
**11:00-1:00pm**
Join Zoom Meeting:  
Meeting ID: 757 176 6991  
Call in- 646-558-8656, Meeting ID- 7571766991#

**Massage for Cancer Care and Beyond Online with the JCC**
Living with and surviving cancer can take a toll on the body of those managing the disease and those that care for them. Discover safe, simple, easy-to-learn massage techniques you can do with a family member, friend, or partner to support them as they fight and heal. Facilitated by **Ericka Clinton**, LMT, Swedish Institute College of Health Sciences

**Monday, March 14th**
**6:30-8:00pm**
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

**Questions about Woman to Woman? Email womantowoman@mountsinai.org**
Healing Yoga For Women Living with Cancer Online with the JCC
Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

**Thursdays, 6:45-8:00pm**

https://zoom.us/j/99360073785
Meeting ID: 993 6007 3785
Password: jchealing

Yoga For Cancer Care Online with the JCC
Join Whitney Chapman for gentle yoga stretches to bring balance and clam into your body. Stretch, expand and soften into yourselves to improve well-being, feel better and regain and maintain center. Gentle postures, relaxation and meditation will be incorporated in this class. No prior yoga experience needed.

**Mondays, 6:15-7:30 PM**

Join Zoom Meeting
https://zoom.us/j/97582850681
Meeting ID: 975 8285 0681
Password: jccrelax

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.

**Thursdays at 9:45-10:45am**

Join Zoom Meeting
https://zoom.us/j/96764984284
Meeting ID: 967 6498 4284
Password: jccaiichi

Nia Movement to Heal for Women Living with Cancer Online with the JCC
Learn to slow down and personalize movement for you body while focusing on feeling better, regardless of your physical condition. 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.

**Tuesdays at 4:00-5:00 PM**

Zoom Meeting ID: 936 4666 0653
Zoom Password: jccniamove

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 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

**Wednesdays at 12:00-1:00pm**

Please contact Registration by email at boxoffice@mmjccm.org

Moving for Life: Gentle Cardio Workout - Online with the JCC
A light cardio workout that addresses fatigue and lymphedema, increases flexibility, and promotes weight management. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of surgery, chemo and radiation.

**Saturdays at 11:00-12:00pm**

Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Gentle Water Aerobics for Women Living with Cancer at the JCC**

Join Teri Dupuy for gentle water 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 8 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

---

**Yoga 4 Cancer Online with the JCC**

Join Leorna Leung, Certified Yoga 4 Cancer Instructor for this class designed to help cancer patients and survivors manage side effects and cancer recovery through unique Oncology Yoga-based method. The class builds strength and mobility in safe ways that stimulate your immune system and build bone density while cultivating a sense of well-being.

**Sundays, 3:00-4:15PM**

Free for those being tested or treated for cancer. Join Zoom Meeting https://zoom.us/j/96204552859 Meeting ID: 962 0455 2859 Password: jccyoga4me

---

**Food for Life: Prevent & Treat Chronic Disease with Food Online with the JCC**

Learn about the power of plant-based nutrition in health and healing through the award-winning Food for Life nutrition education and cooking classes created by the Physicians Committee for Responsible Medicine. This weekly virtual class will run over four weeks and includes engaging cooking demonstrations, group support, and educational videos presented by doctors and dietitians teaching about evidence-based nutrition as medicine.

**Wednesdays March 23- April 13 (4 sessions)**

1:00-3:00PM

Please contact registration by email at boxoffice@mmjccm.org for additional information

---

**Zentangle 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 March: 4, 11, 18, & 25**

11:30-12:30pm

Please contact registration by email at boxoffice@mmjccm.org for additional information

---

**Beginner Pelvic Floor Workshop: Don't Suffer in Silence Women Only Online with the JCC**

Join Randi Stone, Pelvic Floor Specialist for this intimate conversation on a private matter in a safe, encouraging environment. Learn simple exercises to strengthen your pelvic floor. Wear loose fitting clothing.

**Wednesday, March 9th**

11:00-12:30pm

Please contact Registration by email at boxoffice@mmjccm.org

---

**Meditation Online with the JCC**

Daily Drop-In Meditation (Virtual) Activate peace and calm whether you’re brand new to meditation or an experienced practitioner, all are welcome.

**Mornings: Mon–Fri, 7:30–8:30 am. Evenings: Mon–Thu, 5:45–6:45 pm.**

Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information
Cooking with Chef Carole Online with the JCC

Explore the delicious world of plant-based cooking without added oils, salts, or sugar. Chef Carole Levy, PPMNY Culinary Educator will walk us through some of her favorite recipes with easy to access ingredients.

Sunday, March 13th
5:00-6:15pm

Please contact Registration by email at boxoffice@mmjccm.org. Registrants will receive recipes and a Facebook Live and YouTube link on the day of the event.

Eat Right: Health Tips

Eat Breakfast Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

Make Half Your Plate Fruits and Vegetables Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

Follow Food Safety Guidelines Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

Como Bien: Consejos De Salud

Desayune Empiece el día con un desayuno saludable que incluya proteínas magras, cereales integrales, frutas y vegetales. Intente hacer un burrito de desayuno con huevos revueltos, queso bajo en grasa, salsa y una tortilla de trigo o un parfait con yogurt sin dulce bajo en grasa, fruta y cereales integrales.

Llene la mitad de su plato con frutas y vegetales Las frutas y los vegetales añaden a su plato color, sabor y textura, además de vitaminas, minerales y fibra dietética. Propóngase consumir 2 tazas de fruta y 2 ½ tazas de vegetales a diario. Experimente con diferentes tipos, incluidos frescos, congelados y enlatados.

Siga las pautas de seguridad alimentaria Reduzca sus posibilidades de enfermarse siguiendo la seguridad alimentaria apropiada. Esto incluye: lavarse las manos regularmente, separar los alimentos crudos de los listos para comer, cocinar los alimentos a la temperatura interna adecuada y refrigerar los alimentos rápidamente. Obtenga más información sobre la seguridad alimentaria en el hogar en www.homefoodsafety.org.

How to Zoom

Go to Zoom.us on your computer tablet or phone
2. Click the button in the top right corner that says "Sign Up, It's Free!
3. Create an account and check your email to activate your account
4. When it is time for the group or activity you want to participate either click or type in the link in your open browser or open zoom and when click join a meeting and type in the meeting ID. If you don't have a working microphone or don't want to download zoom, call in using the phone numbers listed

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

Thank you

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

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