This month William Kwok, Asian Liaison of the Immigrant Outreach Unit of the NYPD Community Affairs Bureau, will discuss the practical measures by which individuals can protect themselves from immediate physical harm at the Cedar Club on July 12th at 2pm. Join the JCC online for Gentle Yoga + Healing Harp Music to Celebrate The Joy of Freedom on July 10th at 6pm. Learn about Medical Cannabis with Woman to Woman and Dr. Martins-Welch on July 20th at 12pm. Stay hydrated and cool!

**Woman to Woman:** Medical Cannabis: What We Know, What We Need to Know
Dr. Martins-Welch has a particular interest in studying the effects of early palliative care for cancer patients and medicinal cannabis for management of symptoms.

**Tuesday, July 20th**
12pm-1pm
Meeting ID: 757 176 6991
Call in- 646-558-8656

**The Cedar Club: Chinese-speaking Cancer Patients Support Group**
Join us for a workshop given by Officer William Kwok, Asian Liaison, Immigrant Outreach Unit, Community Outreach Division of the NYPD Community Affairs Bureau. Join us for a discussion about Anti-Asian Hate Crime and safety tips. Join us for a discussion about Anti-Asian Hate Crime and safety tips.

**Tuesday, July 12, 2:00 PM - 3:00 PM**
To join via computer:
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532

Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095

**Gentle Yoga + Healing Harp Music To Celebrate The Joy Of Freedom online with the JCC**
Join Whitney Chapman + Amy Camie in celebration with live healing harp music and gentle yoga postures that awaken our inner joy of freedom that bubbles up from open minds, open arms, and open hearts.

**Sunday, July 10th, 6:00-7:15PM**

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

Questions about Programming? Email Alison.snow@mountsinai.org
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
*No class July 4th

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 Snee, 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: jccyogamen
Meeting ID: 914 5364 7590

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
*No group July 4, 25 & 27

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

Writing and Journaling Workshops
Join our Writing and Journaling Workshops at 3:00pm 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!

Monday: July 11 & 25
Wednesdays: July 6, 13, 20, 27

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

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
*No group July 21

or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Questions about Programming? Email Alison.snow@mountsinai.org
El Grupo de Apoyo para Adultos
El grupo de apoyo para adultos se ofrece a pacientes. 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.

**Martes 12 de Julio**
*2:00PM-3:00pm*

Para más información y para reservar tu espacio contacte a:
alyssa.freeman@mountsinai.org o llama al 646-740-7110

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

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.

**Thursday July 21st at 2pm**

If interested in joining please contact
Jennie Santiago
jsantiago@sharecancersupport.org

Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

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, July 13th**
*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

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, July 7th**
*at 1:00pm-2:00pm*

Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

**Thursday, July 21st at 5:30pm**

To join the groups email:
Kat Safavi, LCSW
Kat.safavi@mountsinai.org

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.

**July 7th**
*11:00-12:00pm*

For more information:
liza.lundgren@mountsinai.org /
347-580-0669

https://mountsinai.zoom.us/j/9727322865

Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

Questions about Programming? Email Alison.snow@mountsinai.org
Experience Forest Bathing in Central Park with the JCC
Join Lori Klamner, Association of Nature + Forest Therapy
Forest bathing involves taking a walk in the woods with a trained guide; open your mind and body to connect with your surroundings. Meet at 77th Street and Central Park West.

**Monday, July 18th**
8:30-10:00am

(Rain date: Mon, Jul 25)
Free for those being tested or treated for cancer.
Registration by email: boxoffice@mmjccm.org

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/3ceJyZB](https://bit.ly/3ceJyZB)

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

SPOHNC GROUP
Support for People with Oral, 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, July 19th**
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!

Take two aspirin and let's do a video visit in the morning: How to Use Telehealth to Make Your Life Better online with Karpas Health
Dr. Weissman, Chair, Department Of Medicine, Mount Sinai Beth Israel and Downtown who will discuss how to get the most out of your telehealth appointment.

**Wednesday, July 6th**
12:00pm-1:00pm
Meeting ID: 956 5545 8006
Passcode: 730704 Dial In: 646-876-9923

Malecare All Things Prostate Cancer & Advanced Prostate Cancer Support 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

Malecare Gay Men's Prostate Cancer 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

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**
*meeting July 13, 19 & 27th_

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

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**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, July 18th**
12:00-1:00pm

Join Zoom Meeting:
Meeting ID: 208 938 0884
One tap mobile:
+19292056099,2089380884#

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**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, July 12th**
12:00-1:00pm

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

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**Woman to Woman Sex After a Gynecologic Cancer**
Mollie Finkel, NP, Clinical Program Director of GYN Oncology for the Mount Sinai Health System Manager of GYN-Oncology will discuss how to increase pleasure and decrease pain during sex after a gynecologic cancer diagnosis. Mollie leads the Women’s Sexual Health Program at the Comprehensive Women’s Cancer Program at the Blavatnik Family- Chelsea Medical Center

**Tuesday, July 19th**
12:00 -1:00pm

If you have questions for Mollie please email us at womantowoman@mountsinai.org

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

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The past few years have been especially challenging for cancer patients. A devastating diagnosis combined with a global pandemic plus the rest of the stressors in our world can make finding moments of happiness and joy especially difficult, yet more important than ever. Join Valerie Freilich and Dr. Edith Shiro from The World Happiness Foundation and Dr. Mavis Tsai from Awareness, Courage & Love Global Project for a three-session series of interactive workshops on how to find joy and happiness, and to infuse your life with positive emotions.

**Thursdays: July 14, 21 & 28**
12:00 -1:30pm

Join Zoom Meeting:
Meeting ID: 208 938 0884
One tap mobile:
+19292056099,2089380884#

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**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. July: The Mother in Law by Sally Hepworth

**July 27th at 7:00pm**

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

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**Questions about Woman to Woman? 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, 5:30-6:30pm**
RSVP for the Zoom information or for more information please contact Samantha Dieras, at samantha.dieras@mountsinai.org.

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

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**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 samantha.dieras@mountsinai.org

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

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**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, Samantha Dieras at samantha.dieras@mountsinai.org

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

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**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@mmjcc.org

**Nia Moveing 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

**Yoga for Cancer Care Online with the JCC**
Join Whitney Chapman and allow gentle yoga stretches to bring balance and calm 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**
**6:15-7:30pm**
*Except July 4th

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.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**

Join Zoom Meeting
https://zoom.us/j/99360073785
Password: jccyoga4me
Meeting ID: 993 6007 3785

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Yoga For Cancer Care
Online with the JCC
Join Leora Leung 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.

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

*No group July 3rd*

Join Zoom Meeting
https://zoom.us/j/96204552859
Meeting ID: 962 0455 2859
Password: jccyoga4me

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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/99360073785
Password: jccaichi
Meeting ID: 993 6007 3785

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A Walk with Cancer, Healing Music + Conscious Self-Care
Online with the JCC
This summer, join us one Sunday of every month for a journey of self-discovery. Amy Camie, certified clinical musician and two-time breast cancer thriver, shares life lessons, healing harp meditations, and inspiring insights to encourage you to embrace the fullness of who you are with loving compassion. Take a walk with Amy and gain a deeper understanding of how energy, resonance, and subconscious patterns keep us circling in repetitive patterns of behavior and how conscious self-care choices can awaken the self-love and healing from within.

**Sunday July 17th**
6:00-7:15pm

Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information.

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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

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Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Mindful Movement To Combat Inflammation**
Join the Moving for Life staff to learn how to reduce whole-body inflammation and keep it in check. Whole-body inflammation refers to chronic, imperceptible, low-level inflammation.

**Wednesday, June 6th, 6:30-7:30PM**

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

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**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 10-12pm**

Email oncologymassage@mmjccm.org or call 646.467.9239 for details

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**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

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**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 July: 1, 8, 15, 22, & 29 11:30-12:30pm**

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

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**Zentangle Beyond Therapeutic Doodling High Focus Tangles Online with the JCC**
Easy-to-learn, relaxing and fun, The Zentangle Method is a way to create beautiful images. Drawing these patterns, called tangles, allows the artist inside of you get lost in repetition, focus, and relax. By combining dots, lines, curves and orbs step-by-step, you are designing the 'Elemental Strokes' in all Zentangle art. No art background required. Discover multi-step tangles that create more complexity and dimension. You'll be surprised by what you can create.

**Thursdays 1:30-2:45pm**

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

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**Beginner Pelvic Floor Workshop: Don’t Suffer in Silence Women Only**
Many factors can weaken pelvic floor muscles, including pregnancy, childbirth, surgery, aging and being overweight. If these muscles weaken, you may lose bladder control when you sneeze. If they are too tight, you may have lower back, pelvic, or hip pain. Join us for an intimate conversation on a private matter in a safe, encouraging environment. Learn simple exercises to strengthen your pelvic floor that include variations of Kegels and reverse Kegels, as well as other complementary exercises. Wear loose-fitting clothing.

**Wednesday, July 20 11:00-12:30pm**

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

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Questions about JCC Programming? Email boxoffice@mmjccmmanhattan.org
**Veggie of the Month: Asparagus**

How do I select, store, and prepare it?

- Asparagus can be green, white, or purple. Purple varieties are slightly sweeter.
- Look for firm stems with deep green or purple closed tips, the cut ends should not be too woody.
- Use asparagus within a day or two of purchasing for the best flavor and texture.
- Store asparagus in the refrigerator with the ends wrapped in damp paper towel.

**Why Eat Asparagus?**

- Anti-cancer properties due to very high anti-inflammatory and antioxidant vitamins and minerals.
- Asparagus has great digestive benefits since it provides prebiotics, meaning it passes undigested through our digestive tract, reaching the large intestine, providing the ideal food source for beneficial bacteria, also asparagus is very high in fiber and protein, helping to stabilize digestion and blood sugar.
- Asparagus has anti-cancer properties.

**Recipe: Roasted Asparagus Frittata**

**INGREDIENTS**
- 18-12 medium asparagus spears, trimmed
- Olive oil
- Salt/pepper
- 4 eggs
- ⅛ or ⅛ cup finely grated parmesan cheese (optional)

**DIRECTIONS:**
- Heat oven to 450 degrees. Spread asparagus on a baking sheet and toss with olive oil, salt and pepper. Roast, shaking the pan occasionally, until the asparagus is lightly charred and tender, about 12 minutes. Beat eggs with salt, pepper, ⅛ the cheese and ⅛ the herbs. Chop up asparagus into little pieces. In a 10” non-stick skillet place asparagus, drizzle olive oil. Set over medium heat. Pour the egg mixture over the asparagus. Cook until nearly set. When the top is almost dry, flip the frittata onto a plate, then slide it back into the pan. Let cook for just a few seconds, then flip out onto a plate. Alternatively, use an ovenproof pan and put it in the oven or under the broiler for a few minutes. Sprinkle with the remaining chervil (and cheese if you are using it) and serve hot, warm or at room temperature.

**Thank you!**

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

**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.

**Taste Bud Rehab: Learn to Love Foods That Love You Back - Online with the JCC**

Live from the Katz beautiful kitchen, join world-renowned nutrition guru Dr. David Katz and his wife Catherine founder of Cuisinicity for a lively discussion and cooking demonstration. Part 1: How to Put Sugar In Its Place Part 2: How to Make Healthy Food Taste Great

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

Please contact registration by email at boxoffice@mmjccm.org for the link.

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