October is Breast Cancer Awareness Month! Please join us at our Lymphedema Workshop with Berfin Mahmut, DPT on October 24th at 2pm. Woman to Woman has a new BIPOC navigating gynecologic and breast cancer patient support group for black, indigenous and people of color meeting on October 19th at 12pm. We hope you will join the Tisch Cancer Institute Community Advisory Board’s Navigating Cancer Series: Finances, Work & Cancer, the program will feature cancer survivors as well as speakers from NYLAG and Cancer and Careers on October 5th at 12pm.

Navigating Cancer Series
Finances, Work & Cancer

Travis Thomas will be the moderator for this informative workshop. Travis is a 3x cancer survivor, community scientist, oncology patient navigator, and CAB member, Julie Babayeva, Supervising Attorney at LegalHealth will review legal considerations, FMLA, applying for disability & employment law. Natalie Doppstadt, survivor and TCI CAB member will discuss her experiences as a survivor and provide suggestions. Rachel Becker, LMSW Deputy Director from Cancer and Careers will review disclosure, best practices for working through treatment/returning to work and communication techniques. Suggestions on where to go for more information as well as time for Q&A will also be allotted.

THURSDAY, OCTOBER 5TH 12PM-1PM
For more information or to RSVP email cssevents@mountsinai.org
Meeting ID: 886 0625 7137

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

Breast Cancer Awareness Month: Lymphedema Workshop

Join Berfin Mahmut, PT, DPT, CLT-LANA, ONCS for the an interactive session. Berfin will provide information about lymphedema and exercise. Berfin will provide strategies and tips on how to manage lymphedema.

Tuesday, October 24th 2:00-3:00pm

To RSVP please contact Madeleine.Eptstein@mountsinai.org / 212-367-1715
Meeting ID: 991 5248 9783

Wednesday, October 19th at 12pm

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

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.
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

Oct 9 & 23

Journaling Workshops meet:

Wednesdays:

October 4, 11, 18, 25

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

October 2, 9, 16, 23 & 30

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.

Mezzanine Classroom or via Zoom Meeting
Zoom Meeting ID: 914 5364 7590
Zoom Passcode: jcyogamen

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, October 26th

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 in the Small Conference (Room N-02).

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

Cedar Club: Chinese-Speaking Cancer Patients Support Group
Join us for a workshop given by Ryan Chow, Community Manager at Chase Bank. Let us learn about identity theft protection tips. How can we protect our personal information?

Monday, October 17, 2:00–3:00 PM
星期二，10月17日，下午2點至3點

To join via computer: https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532

For more info contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095

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 October 17th at 1pm
For Zoom Information and to RSVP please contact
Oscar.Duran@mountsinai.org, 212-824-9273

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

Thursday, October 19th at 5:30pm
To join the groups email:
Kat Safavi, LCSW
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, October 9th 12:15-1:30pm
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 second Monday of the month from 2:00-3:00pm

Monday, October 9th, 2:00-3:00PM

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, October 10th 6-7pm
Wednesday, October 25th 12-1 pm
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, October 3rd 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.

Martes, Octubre 24th 5:30-6:30pm

RSVP/pre-registration is required www.lls.org/metny, call 914-496-3902 or email 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, 2:00-3:00pm.

Wednesday, October 25th 2:00-3:00pm

RSVP and Zoom Information: YuMee.Song@mountsinai.or/ (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.

Wednesday, October 11th, 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: Coverage of Gynecological Cancer Under Medicare**

Join the Medicare Rights Center in this virtual presentation, we will talk about Medicare’s coverage criteria for medical treatments such as gynecological cancer, along with resources for mental health services to cope with the difficulties of this diagnosis.

Presenter: Rachel Shuman, Program Coordinator, Medicare Rights Center.

**Wednesday, October 11th**
**12:00-1:00 pm**

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

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**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.

**Wednesday, October 5th**
**10am**

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

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**Woman to Woman: Facing Scanxiety and Finding Your Way**

Living with uncertainty is one of the harshest realities of a cancer diagnosis. Waiting for scan results or feeling the fear of recurrence are examples of common challenges survivors find difficult to navigate. While it may be unrealistic to think the feeling of uncertainty will completely go away, join us as we discuss strategies to tame the anxiety and find your footing one day at a time. Let’s talk about it!

**Wednesday, October 18th**
**12-1pm**

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

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**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

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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. Meets the third Monday of every month.

**Monday, October 16th**
**12:00-1:00pm**

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

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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, October 10th**
**12:00-1:15pm**

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

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Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Woman to Woman: Single with Cancer**

Having gynecologic cancer is incredibly stressful and the issues that arise for women who are single are unique. For example...How do you navigate dating? Who should be your emergency contact? What if you need help when you’re not feeling well? How does this diagnosis impact your friendships? These are just a few of the topics that will be covered during this interactive discussion about the impact of this diagnosis for unpartnered members of our community.

**Thursday, October 12th**

12pm-1pm

Meeting ID: 208 938 0884
Call in-646-558-8656

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New advances in fertility treatment allow families to test embryos for cancer-related gene mutations. Join this webinar to learn more about PGT: how it works, who is a good candidate, and what it means for you. Hear from a peer supporter and get your questions answered from our panel of experts.

**Monday, October 23rd at 8:00 pm**

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

Register here: https://shorturl.at/asKT5

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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. Oct Book: The People We Keep by Allison Larkin

**October 25th at 7:00pm**

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

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**Women to Woman: We’re Too Young for This In Person**

Unleash your inner mixologist! Learn the essentials of mocktail & cocktail making, bartending, and mixology techniques. Elevate your libation game by learning how to explore the impact of the 5 senses on flavor perception, unravel the secrets of the perfect extraction process, and uncover the fascinating ways temperature can enhance the taste. You’ll explore the many benefits of plants & mushrooms and their action within the body. We will present a range of drinks to make at home or for gatherings. We will discuss herbs and spices that help reduce sugar and calorie intake. Appropriate for beginners or pros looking to freshen up their repertoire, this session has something for everyone. All you need is a little ingenuity and creativity to create the perfect beverage.

→ fruit juices (cranberry juice, apple juice)
→ sweeteners (simple syrup, agave nectar)
→ bitters→ non-alcoholic mixers (club soda, tonic water)
→ syrups/bases (angelica root syrup)

**Tuesday, October 17th at 7pm**

The Alchemist Kitchen: 119 Crosby St

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**Woman to Woman: A New Series**

The purpose of this new monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. The first session will focus on mental fitness and feature Trish Walden. She established A Positive Life, LLC, a coaching and consulting practice utilizing the principles of positive psychology and mental fitness. Meets the fourth Tuesday of every month.

**Tuesday, October 24th**

12pm

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

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**Questions about Programming? Email alison.snow@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 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 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
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

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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
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

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**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.

**Thursday, October 19th 6:30-7:30pm**
For more information and zoom link please call Jessica Kreitman 212-241-8765

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**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, October 18th 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

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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 & Thursdays 10-12pm**
Email oncologymassage@mmjccm.org or call 646.467.9239 for details.

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

Join this 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

To RSVP and for more information: Ebtesam.Ahmed@mountsinai.org
Zoom Meeting ID: 88910722187

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**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

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

If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact saschacreativecenternyc@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

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**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”.

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

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

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**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*

To register please visit: https://zerocancer.org/get-support/black-mens-prostate-cancer-initiative/

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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: Oct 6,13,15, 22, 29
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.

Zentangle Therapeutic Doodling online with the JCC

Zentangle is easy-to-learn, relaxing, and fun. Drawing patterns, called tangles, allows you to focus, get lost in repetition, all while creating beautiful Zentangle art. The main goal is to relax your mind, relieve stress and achieve a meditative state. Bring unlined white paper, a fine-tipped black pen, pencil, and a paper smudger or cotton swab (for shading). A cup of tea is optional.

Tues, Oct 17, 24, 31 & Nov 7, 14
1:30-2:45pm

Free for those being tested or treated for cancer.

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

Talking to the Trees: Forest Bathing in Central Park

Forest bathing involves taking a walk in the woods with a trained guide; open your mind and body to connect with your surroundings. Take a five-star tour of your senses, including your sense of wonder. Lower your blood pressure, heart rate, and levels of stress hormones. Step into a deep and relaxing relationship with nature by slowing down and becoming more fully present

Instructor: Lori Klammer, Association of Nature + Forest Therapy.

Thursday, October 26th
12-2pm

Please email the 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

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 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

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.

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 https://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

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.

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.

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.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

Fruit of the Month: Pumpkin

**Why eat Pumpkin?**
- 1 cup of pumpkin (cooked, cubed) contains just 30 calories and is a good source of fiber.
- Great source of antioxidants Vitamins A, C, and E, especially high in Vitamin A which is required by the body to maintain healthy skin & mucus membranes, and is essential for vision.
- Pumpkin is also high in B-complex vitamins and minerals like copper, calcium, potassium and phosphorus.
- Pumpkin seeds: excellent source of fiber and healthy fats, which are good for heart health. These seeds are a concentrated source of protein & vitamins/minerals! They are specifically high in iron and zinc.

**How do I select, store and prepare it?**
- Available from August to November in New York.
- Look for mature fruit that features fine woody note on tapping, heavy in hand and stout stem, avoid a wrinkled surface.
- Pumpkin can be stored for many weeks to come under cool, well-ventilated place at room temp, cut sections may last for a few days in the refrigerator.
- Cut the stem end off, slice the whole pumpkin into two halves, remove the central net like structure and set aside seeds for roasting! Cut the flesh into desired sizes, smaller cubes will cook quicker.

Recipe: Pumpkin & White Bean Soup

**Ingredients:**
- 1 ½ cups apple juice
- 1 can small white beans
- 1 small onion
- 1 cup water
- 1 can pumpkin
- ½ tsp cinnamon
- ½ tsp nutmeg, allspice or ginger
- 1 tsp black pepper + ½ tsp salt

**Directions:**
1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside.
2. In a large pot, add the pumpkin, juice, cinnamon, black pepper, and salt. If using nutmeg, allspice, or ginger, add that too. Stir.
3. Add the bean mix to the pot. Stir.
4. Cook over low heat for 15-20 minutes, until warmed through.

Sound Bowl Healing in person with the JCC

Sound and vibration therapy is one of the most transformative ways to shift the body at the cellular level. Enjoy the gentle, soothing tones of singing bowls and experience how they open the flow of energy by touching every part of the physical, emotional, mental, and spiritual bodies.

**Monday, October 30th**
**6:45-8:00pm**

Presenter: Christine Dimmick, Founder Good Home, Author, Breast Cancer Survivor

Free for those being tested or treated for cancer please email our registration department at boxoffice@mmjccm.org or give them a call at 646-679-5884.

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 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/

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