Please join us for a virtual session with Johanne Picard-Scott, L.Ac and learn about acupuncture and how it can complement cancer treatment. Join us for some holiday cheer on Dec 13th at Chelsea. Check out the new post-treatment survivorship group meeting on Dec 1st and 15th. We hope to see you at one of our December programs! Wishing you a Happy Holiday season and a Happy New Year!

**Acupuncture 101 with Johanne Picard-Scott, L.Ac of Harlem Chi Community Acupuncture (virtual)**
Join Johanne Picard-Scott, L.Ac., Dipl. O.M., certified balance method acupuncturist/herbalist and owner of Harlem Chi Community Acupuncture for this virtual session. Learn how acupuncture works and how it can complement cancer treatment.

**Wednesday, December 6th 1:00pm-2:00pm**
Zoom Meeting ID: 943 2231 1314
For More Information or to RSVP please contact: madeleine.epstein@mountsinai.org / 212-367-1715

**Holiday Cheer! In Person at Chelsea**
Join us at Chelsea for some holiday cheer! We will be doing some crafts, have snacks and other holiday festivities.

**Wednesday, December 13th 1:00pm-2:30pm**
325 West 15th St
Main Conference Room
NY, NY 10011
For More Information or to RSVP please contact: rachel.brenner@mountsinai.org
or maria.amado@mountsinai.org

**Chinese-Patient Reading Club “My Cancer Days”**
听社工实习生文倩朗读温馨的插画故事，让我们一起聆听内心的声音，一起学习如何表达和接受我们的情感。Join our Social Worker Intern Wenqian for a heartwarming story. Let us learn how to express and accept our emotions.

时间：星期四，12月14日，下午2-3点

Thursday, December 14th, from 2 to 3 PM. 通過電腦視頻加入會議連結:
http://mountsinai.zoom.us/j/7425875532 To join via computer:
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.

Journaling Workshops meet Mondays
Dec 4 & 18

Writing Workshops meet Mondays
Dec 6, 13, 20, 27
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.

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

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

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, December 13th
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 discussion with Kelly Kwong, medical interpreter at Mount Sinai Chelsea Medical Center! 來和西奈山切爾西醫療中心的醫務翻譯師小姐一起參加討論！ What do medical interpreters do? How can we collaborate with them to communicate with medical professionals? 醫務翻譯是什麼的？我們怎樣和他們合作來跟醫務人員溝通？

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

Radiating Strength: A Radiation Oncology Peer Support Group
Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment.

Tuesday, December 12
2:00-3:00pm

RSVP and Zoom Information: Mariam.rahayab@mountsinai.org or call 929-837-1119

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

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 December 7th
at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, December 21st 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, December 11th

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

Questions about Programming? Email Alison.snow@mountsinai.org
<table>
<thead>
<tr>
<th>Post-Allogeneic BMT Support Group</th>
<th>Surviving Survivorship: Managing Life During &amp; After a Blood Cancer Diagnosis</th>
<th>Multiple Myeloma Mindful Journaling Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
<td>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.</td>
<td>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</td>
</tr>
<tr>
<td><strong>Wednesday, December 6th, 1:00-2:00PM</strong></td>
<td><strong>Tuesday, December 12th 6-7pm Wednesday, December 27th 12-1 pm</strong></td>
<td><strong>Tuesday, December 5th 4-5pm</strong></td>
</tr>
<tr>
<td>RSVP and Zoom Information: <a href="mailto:Ryan.Dritz@mountsinai.org">Ryan.Dritz@mountsinai.org</a></td>
<td>RSVP to <a href="http://www.lls.org/metny">www.lls.org/metny</a> or call 914-496-3902</td>
<td>For more information or to RSVP, Facilitated by Rachel Wangler, LMSW (212) 824-8759/rachel.wangler@mountsinai.org</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grupo de Apoyo Para Pacientes y Familias con Mieloma</th>
<th>BIPOC Multiple Myeloma Support Group: &quot;One Day at a Time&quot;</th>
<th>Caring for the Caregiver Multiple Myeloma Caregiver Support Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Martes, Diciembre 19th 5:30-6:30pm</strong></td>
<td><strong>Wednesday, December 27nd, 4:00pm</strong></td>
<td><strong>Wednesday, December 13th, 5:30pm</strong></td>
</tr>
<tr>
<td>Para mas información visite <a href="http://www.lls.org/metny">www.lls.org/metny</a> o llamar al: 800-955-4572. Dirigido por Charlotte McDermott, LMSW (212) 241-7868/charlotte.mcdermott@mountsinai.org</td>
<td>RSVP and Zoom Information: <a href="mailto:YuMee.Song@mountsinai.org">YuMee.Song@mountsinai.org</a>/ (212) 824-8771</td>
<td>For more information and to receive the Zoom link, please contact Jaclyn Zingman, LMSW at 212-824-8745 or <a href="mailto:Jaclyn.zingman@mountsinai.org">Jaclyn.zingman@mountsinai.org</a></td>
</tr>
</tbody>
</table>

**Questions about Programming? Email Alison.snow@mountsinai.org**
**Woman to Woman: BRCA Awareness with FORCE**

Having the BRCA mutation comes with some tough choices. Choices that many, unless in a similar circumstance don’t understand. We do. Jane E. Herman, a longtime volunteer with FORCE: Facing Our Risk of Cancer Empowered, will share some of the hereditary cancer support, education, research, and advocacy resources offered by the organization. She will empower you with factual information so you can advocate for yourself and, together with your healthcare team, make informed medical decisions that are right for you.

**Tuesday, December 12th**

1:30 pm

Join Zoom Meeting
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.

**Thursday, December 7th**

10-11am

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.

Join Zoom Meeting
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**

No group 12/23

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, December 18th**

12:00-1:00pm

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

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**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, December 4th at**

12pm

Meeting ID: 208 938 0884
+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, December 12th**

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: The Power of Self Care Routines
Self-care routines are critical for wellness and play a role in healing as a result of the specific actions and behaviors that one commits to, and this commitment is in effect taking control of your health, according to Dr. Kelly Turner, author of “Radical Remission, Surviving Cancer Against All Odds.” Self-care routines are extremely powerful because it means that we aren’t being passive, we are showing a willingness to change, and we are empowered instead of weakened. Jessa de la Morena, a cancer survivor and patient advocate who has created a platform called U Are The Hero will discuss the power of self-care routines and how you can take an active role in your healing and prevention by designing your own program that will evolve over time as you grow and heal.

Monday, December 11th at 12pm
Join Zoom Meeting:
Meeting ID: 208 938 0884
+19292056099,2089380884# US

Thriving with 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 Dec group will feature Barbara Shulman speaking on the topic of “Living and Loving with Grace and Forgiveness.” Barbara is an artist and a healing therapist. All of us have obstacles in our lives; Barbara helps her clients view their obstacles through a lens of empowerment and forgiveness, giving themselves the gift of peace. Meets the fourth Tuesday of every month.

Tuesday, December 19th 12pm
Meeting ID: 208 938 0884
Call in # 929-205-6099

Woman to Woman: Lifestyle and Its Impact on Cancer Survival with Dr. Jonas Sokolof
This lecture will focus on some of the major principles of lifestyle optimization to improve outcomes in the field of oncology. Learners will gain insight regarding how diet, physical activity, stress management techniques, and sleep optimization can help them improve physical function and wellbeing throughout the cancer care continuum.
Jonas Sokolof, DO is a physiatrist trained in Physical Medicine and Rehabilitation. He has over 15 years of experience in Oncological Rehabilitation.

Wednesday, December 6th at 12:00pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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, December 13th 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 ocepedia@sharecancersupport.org
212 221-1750

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

Cervical Cancer Awareness Save the Date online with Karpas Health Information Center
Please join Mount Sinai Hospital Tisch Cancer Institute for a Cervical Cancer Awareness presentation. Learn about cervical cancer, understand screening guidelines and procedures and receive information on resources. Join Nathalie Vieux-Gresham Clinical Research Coordinator/Health Educator

Monday, January 22nd 1-2pm
Zoom Meeting ID: 939 0950 9843
Passcode: 776862 Dial In: 646-931-3860

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 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*

**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*

**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, December 21st**
**6:30-7:30pm**
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.

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

**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
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, December 1st & 15th
12pm-1pm

Zoom Meeting ID: 742 587 5532
To learn more, please reach out to Rachel Brenner at Rachel.brenner@mountsinai.org

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

Meetings: 2nd and 4th Mondays 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/

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

December 11, 2023
2nd Monday every month
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

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

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

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/

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/
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: Dec 1, 8, 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 department at boxoffice@mmjccm.org for additional information.

Positive Psychology: Courage amidst Chaos Finding our Bravest Selves in Tumultuous Times online with the JCC
Drawing from the field of positive psychology and his own experience, happiness entrepreneur and founder of the Scare Your Soul courage movement, Scott Simon, will offer us insightful tools and practices for fostering resilience, hope, empowerment, and optimism during our darkest days. Discover how to navigate the uncertainty post-October 7th, stepping into your bravest self through micro-practices that blend positive psychology with Jewish values and character strengths. Join us for a journey towards not just surviving but thriving amidst adversity.

Presenter: Scott Simon
Tuesday, December 12th
12–1pm
Free for those being tested or treated for cancer.
Please email the registration department at boxoffice@mmjccm.org or call 646-505-5708.

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.

Restful Nights: Calm the Mind with Yoga + Qi Gong online with the JCC
Virtual. Slow, flowing qi gong movements are a great way to calm your mind, relax your body, and prepare for a restful night of sleep. These gentle movements and breathing exercises calm your mind, helping you to feel more centered and at peace so you are ready to enjoy the benefits of a good night’s sleep or a healthy nap.
Instructor: Michele Sapanaro, RYT, Certified Qi Gong Instructor

Monday, December 4th & 11th, 6–7:15pm
Free for those being tested or treated for cancer.
Please email the registration department at boxoffice@mmjccm.org or call 646-505-5708.

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
*Not meeting on Dec 25

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
*No class 12/25
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
*No classes 12/21 or 12/28
In order to get the new Zoom link for this class, please go to https://mmjccm.org/programs/person-virtual-healing-yoga-women-living-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
*No class 12/25
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

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
*No class 12/21 or 12/28
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care

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

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

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

Saturdays at 11:00-12:00pm
Please contact Registration by email at boxoffice@mmjccm.org
**Online & Individual Art Sessions & Workshops with the Creative Center**

Chemo Companions pairs up patients with medical and graduate school students to regularly attend appointments and provide support throughout patients’ chemotherapy treatment at Rutenberg 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 Rutenberg Treatment Center. For more information reach out to Anna.gribetz@mountsinai.org

**Vegetable of the Month: Kabocha Squash**

Why Eat Kabocha Squash (pronounced kah-bow-cha)? Kabocha squash is a type of winter squash popular in Japanese cuisine. It is a great source of Vitamin A and C and fiber. Kabocha squash has lower carbohydrate content compared to butternut squash. The taste of this squash has been described as a cross between a sweet potato and pumpkin.

How do I select, store, and prepare it? You can leave the skin on this type of squash while it cooks. If you need to soften the skin to cut into it, microwave it for 2-4 minutes before slicing. Pick squash that feel heavy, the rind should be dull and firm with no soft spots. Store in a cool, dry place outside of the fridge, away from other ripening fruit.

**Recipe of the Month: Squash Soup with Pumpkin & Pomegranate Seeds**

INGREDIENTS: 1 small kabocha squash, halved lengthwise and seeds removed 1 medium russet potato peeled, cut into 1 pieces 4 medium shallots, peeled and thinly sliced 1 tsp balsamic vinegar 3 medium Gala apples (about 1 pound) cut into ½ pieces 1/3 cup coconut milk 2 tablespoons extra-virgin olive oil 1 teaspoon dried thyme Kosher salt, black pepper to taste 1/4 teaspoon cinnamon

INSTRUCTIONS. 1. Preheat the oven to 400°F and line a rimmed baking sheet with foil. Place the squash cut side down on baking sheet, and roast until completely tender when pierced with a knife, 45-60 min. Remove from oven and let it cool to the touch. Scoop out 2 cups of flesh and set aside, reserving remaining squash for another use. 2. Heat oil in a large pot set over medium heat. Add the shallots and cook, stirring occasionally, until softened and lightly browned, about 5 minutes. Add the apples and cook, until slightly softened, 5 to 7 minutes. Stir in thyme and cinnamon and cook until fragrant, about 1 minute. 3. Add the vinegar, stock, potato, and reserved roasted squash. Raise the heat to medium high and bring to a simmer; reduce heat to low and cook, uncovered, until the potatoes are very tender, about 15 minutes. 4. Remove the pot from heat and let cool slightly. Puree the soup until smooth using an immersion blender or working in batches in a standard blender. (Don’t forget to hold the blender lid tightly with a folded towel when blending hot soup!) 5. Stir in the coconut milk, and season with salt and pepper to taste. Top with toasted pumpkin seeds & pomegranate seeds. Source: https://thekitchn.com/

**Chemo Companions and Peer to Peer Prostate Support**

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/3celyZB

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

We would like to thank the following funders for their generous support of our 2023 programming:

**Bloomingdales**

**Lower Manhattan Cultural Council**

**NYCT**

**The Paul Robert Carey Foundation**

**Poets & Writers**

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