June is National Cancer Survivor Month. Please join us for our virtual celebration on Sunday, June 5th at 11am. We will also be recognizing survivor month with a Spring into Survivorship workshop on June 29th featuring La Finca del Sur farmers, Dr. Raymond Teets and Chelsey Schneider, RD. June is also Gay Pride Month and our community partner the Marlene Meyerson JCC will be having a Summer Fun on the Roof Nia + Feldenkrais in person event in recognition. We will also be celebrating the Dragon Boat Festival on June 14th with a workshop featuring Chang Ning Deng, Licensed Acupuncturist.

**Survivors Day Celebration**

Join us for National Cancer Survivors Day Celebration

**Sunday, June 5th**
**11am-12pm**

Our virtual celebration will feature:

- Dr. Gomez
- Dr. Ang
- Katha Cato, Patient Speaker
- Meditation with Alice Fox
- Food Demonstration with Brittany DeLaurentis, RD
- Benediction by Michael Horton

We hope to see you there!

Meeting ID: 922 8571 0248

**Spring into Survivorship Workshop**

Join us for this virtual interactive workshop featuring: South Bronx Farmers, La Finca Del Sur, "Seed Planting Demonstration & Herb Discussion" Dr. Raymond Teets, Integrative Medicine Physician, Institute for Family Health, "Incorporating Complementary & Integrative Health into Cancer Survivorship” Chelsey Schneider, RD, CSO, CDN, Clinical Nutrition Supervisor, Mount Sinai Health System, "Eating Well During and After Treatment"

*Register in advance to receive gardening kit in the mail*

**Wednesday, June 29th, 12:00-1:00PM**
Register to CSSevents@mountsinai.org
Thank You to the Cindy Turkeltaub Support Fund

**Summer Fun on the Roof NIA + FELDENKRAIS Series June: Gay Pride: Standing Tall In the Terrain of Now In Person at the JCC**

Join two master somatic educators for a magical blend of alignment and gentle movement. Rock your body and soul or simply enjoy a mocktail and camaraderie on the beautiful JCC roof. Mocktails will be served. This class is perfect for students of all levels and abilities - from beginners to beyond!

Play with the sensation of vertical and horizontal alignment to tap into your resilience and power.

**Monday, June 13th, 7:15-8:30PM**
Please contact Registration by email at boxoffice@mmjccm.org for additional information.
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.

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.

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.

Yoga For Men Who are Cancer Survivors with Jerry
Join Jerry Snee, CYI for virtual community and Yoga practice

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
*6/13 no group
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: June 13 & 27
Wednesdays: June 1, 8, 15, 29
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
Virtual
https://bit.ly/37OCzo0 or call in to 1-646-876-9923
Meeting ID: 320 489 3433
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, 7 de Junio
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 llama 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.

Mount Sinai Downtown: Thursday, June 9th at 1:30pm
Mount Sinai Morningside: Wednesday, June 15th 2:30-4:00pm
If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org
Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

The Cedar Club: Chinese-speaking Cancer Patients Support Group
Join us for a workshop given by Chang Ning Deng, Licensed Acupuncturist in New York State! 請參加紐約州執業針灸師唐寧先生的講座！
Join us for a discussion about how cancer patients can take care of themselves and improve quality of life during and after treatment. 和我們一起討論正在接受治療和完成治療後的癌症病人如何自我照顧，提高生活質量。

Tuesday, June 14, 7:00 PM - 8:00 PM 星期二，6月14日，晚上7點至8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

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.

June 2nd 11:00-12:00pm
For more information: liza.lundgren@mountsinai.org/347-580-0669
https://mountsinai.zoom.us/j/97227322865
or call in to 1-646-876-9923 Meeting ID: 972 2792 2865

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Meghan Shafer, LCSW for a monthly meeting for education, support, and information sharing. The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends.

Thursday, June 12th 6:00-7:00 pm
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop

Questions about Programming? Email Alison.snow@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, June 2nd**
*at 1:00pm-2:00pm*

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

**Thursday, June 16th at 5:30pm**

To join the groups email: Kat Safavi, LCSW
Kat.safavi@mountsinai.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, June 21st**
*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!

Walking Group: Chelsea
Join us to walk the high line in Chelsea. We have a safe way to talk and walk. In case of rain, extreme temperatures, or schedule changes, RSVP’d participants will be notified in advance for cancellation. A basic fitness level is required and comfortable attire is encouraged.

**June 2nd & 16th**
*10:30-11:30pm*

RSVP/Questions: Chelsey Schneider, MS, RD, CSO, CDN
212-604-6096/
Chelsey.Schneider@mountsinai.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

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

Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group
This monthly group is for long-term (2+) year survivors of gynecologic cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting.

Monday, June 20th
12:00-1:00pm
Join Zoom Meeting
Meeting ID: 823 1724 0941
One tap mobile +19292056099

Woman to Woman Living with Recurrent Gynecologic Cancer
This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time. Meets the 2nd Tues of every month

Tuesday, June 14th
12:00-1:00pm
Join Zoom Meeting
Meeting ID: 865 7625 2999/ Call in- 646-558-8656

Woman to Woman Treatment Updates
Gynecologic oncologist Dr. Sharyn Lewin will join us and discuss treatment updates for uterine and cervical cancer. Sharyn N. Lewin, MD, FACS, FACOG, is Founder and Executive Director of The Lewin Fund to Fight Women’s Cancers, responsible for the organization’s operations, and for setting its strategic vision.

Thursday, June 30th
12:00 -1:00pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman Discussion with John & Liza Marshall
Join us as John and Liza Marshall discuss their book, Off Our Chests: A Candid Tour Through the World of Cancer. In the book, John and Liza write in alternating chapters about Liza’s experiences as a breast cancer patient with a relatively dire prognosis and the challenge Liza’s diagnosis and treatment created for John both as a longtime gastrointestinal oncologist who had frequently declared his envy of the success of the breast cancer movement and as an oncologist forced to become a caregiver. In addition, Off Our Chests explores major topics from today's headlines including the cost of healthcare, value, shared decision making, and healthcare burnout.

Wednesday, June 8th
12:00 -1:00pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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. June: Such a Fun Age by Kiley Reid
June 29th at 7:00pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
Virtual Jewelry Making Workshop!
(Free materials supplied directly to you)

Tuesday, June 28th
at 12pm - 1pm EST

Woman to Woman Virtual Jewelry Making Workshop
Connect with fellow survivors while making a beautiful piece of jewelry. This event will be completely virtual so anyone can join regardless of location. All materials for making the jewelry will be completely free to you and shipped to your address in advance of the workshop. We will guide you through making either a bracelet with an empowering word of your choice written in Morse code or a necklace.

Tuesday, June 28th
12:00-1:00pm

In order to reserve a spot, RSVP at www.TellEveryAmazingLady.org/workshops/. You will then receive an email with more information!

Woman to Woman Covid & Cancer: Processing the Many Types of Pandemic Loss
The New York Times published a piece entitled “Grieving Our Pandemic Losses.” It acknowledges that in addition to those grieving the staggering heartbreakingly numbers of lost lives, everyone impacted by the pandemic is experiencing some form of loss. These losses may include missed family celebrations, canceled vacations, dissolved communities and so much more. This session will focus on processing these many different types of losses and providing a safe and supportive community to discuss how to cope and move forward during this challenging time in our world.

Monday, June 6th
12:00-1:00pm

Join Zoom Meeting:
Meeting ID: 208 938 0884

Questions about Woman to Woman? Email womantowoman@mountsinai.org

Woman to Woman Covid & Cancer: Post-Pandemic Summer Style Tips
As people become more comfortable socializing, there will be many more events including casual lunch dates, group dinners and milestones celebrations. Professional stylist Vicki Shechtman shares her many years of experience in the fashion industry to help attendees figure out comfortable, affordable and stylish post-pandemic fashion ideas for every occasion. Vicki will share current fashion trends and teach participants how to dress to impress for every budget and social situation!

Thursday, June 23rd
12:00-1:00pm

Join Zoom Meeting:
Meeting ID: 208 938 0884

BRCA Awareness Group-Discussion with Dr. Sarah Cate
Dr. Sarah Cate will discuss the importance of genetic testing, the process of surveillance, prophylactic mastectomies, and her work. Dr. Cate focuses on increased-risk patients, as well as breast cancer and benign breast disease. She specializes in BRCA positive patients, as well as other patients with genetic mutations, and also specializes in prophylactic mastectomies, which are nipple sparing, with direct to implant reconstruction.

Thursday, June 9th
4:00-5:00

Join Zoom Meeting
https://us02web.zoom.us/j/7571766991
Call in- 646-558-8656

Advanced Pelvic Floor Workshop: Women Only
Online with the JCC
This class is specifically for those who have taken the first pelvic floor workshop. Reinforce what you've already learned and delve deeper into breath and accessing your diaphragm, your deep abdominals. This is a gentle, partially seated (or on the floor for those who can) workout. Bring a towel or yoga mat, a pillow or yoga block, and an interest and willingness to move slowly and deliberately. Women only

Wednesday, June 15th
11:00-12:30pm

Please contact Registration by email at boxoffice@nmjccm.org

Questions about Woman to Woman? Email womantowoman@mountsinai.org

Finding Umami!

Woman to Woman Sharsheret Collaboration - Cooking Demonstration with Jamie Wei
A cooking demo with Jamie Wei (@chopsticksmeefork), Jamie’s inspired recipes highlight Asian flavors in unique dishes that look beautiful and taste incredible. This program is part of the “Sharsheret in the Kitchen” series, bringing nutritious and delicious ideas to empower the cancer community to make healthier diet choices. Recipes will be sent out a couple of days in advance of the webinar.

Thursday, June 16th
2:00-3:00pm

Register to receive the Zoom link: https://sharsheret- org.giveluck.co/product/SITK-FindingUmami/finding-umami-with-jamie-wei

Finding Umami!

Virtual Jewelry Making Workshop!
(Free materials supplied directly to you)

Tuesday, June 28th
at 12pm - 1pm EST

Woman to Woman Virtual Jewelry Making Workshop
Connect with fellow survivors while making a beautiful piece of jewelry. This event will be completely virtual so anyone can join regardless of location. All materials for making the jewelry will be completely free to you and shipped to your address in advance of the workshop. We will guide you through making either a bracelet with an empowering word of your choice written in Morse code or a necklace.

Tuesday, June 28th
12:00-1:00pm

In order to reserve a spot, RSVP at www.TellEveryAmazingLady.org/workshops/. You will then receive an email with more information!

Woman to Woman Covid & Cancer: Processing the Many Types of Pandemic Loss
The New York Times published a piece entitled “Grieving Our Pandemic Losses.” It acknowledges that in addition to those grieving the staggering heartbreakingly numbers of lost lives, everyone impacted by the pandemic is experiencing some form of loss. These losses may include missed family celebrations, canceled vacations, dissolved communities and so much more. This session will focus on processing these many different types of losses and providing a safe and supportive community to discuss how to cope and move forward during this challenging time in our world.

Monday, June 6th
12:00-1:00pm

Join Zoom Meeting:
Meeting ID: 208 938 0884

Questions about Woman to Woman? Email womantowoman@mountsinai.org

Woman to Woman Covid & Cancer: Post-Pandemic Summer Style Tips
As people become more comfortable socializing, there will be many more events including casual lunch dates, group dinners and milestones celebrations. Professional stylist Vicki Shechtman shares her many years of experience in the fashion industry to help attendees figure out comfortable, affordable and stylish post-pandemic fashion ideas for every occasion. Vicki will share current fashion trends and teach participants how to dress to impress for every budget and social situation!

Thursday, June 23rd
12:00-1:00pm

Join Zoom Meeting:
Meeting ID: 208 938 0884

BRCA Awareness Group-Discussion with Dr. Sarah Cate
Dr. Sarah Cate will discuss the importance of genetic testing, the process of surveillance, prophylactic mastectomies, and her work. Dr. Cate focuses on increased-risk patients, as well as breast cancer and benign breast disease. She specializes in BRCA positive patients, as well as other patients with genetic mutations, and also specializes in prophylactic mastectomies, which are nipple sparing, with direct to implant reconstruction.

Thursday, June 9th
4:00-5:00

Join Zoom Meeting
https://us02web.zoom.us/j/7571766991
Call in- 646-558-8656

Advanced Pelvic Floor Workshop: Women Only
Online with the JCC
This class is specifically for those who have taken the first pelvic floor workshop. Reinforce what you've already learned and delve deeper into breath and accessing your diaphragm, your deep abdominals. This is a gentle, partially seated (or on the floor for those who can) workout. Bring a towel or yoga mat, a pillow or yoga block, and an interest and willingness to move slowly and deliberately. Women only

Wednesday, June 15th
11:00-12:30pm

Please contact Registration by email at boxoffice@nmjccm.org

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

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

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

Gentle Water Aerobics for Women Living with Cancer at the JCC
Join Teri Dupuy for gentle water exercise class. Water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. Please register for class the training pool is limited to 8 participants. The class is free of charge to individuals impacted by cancer.

Tuesdays
10:00-11:00am
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

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 June: 3, 10, 17, 24
11:30-12:30pm
Please contact registration by email at boxoffice@mmjccm.org for additional information

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 June 6th
Join Zoom Meeting
https://zoom.us/j/97582850681
Meeting ID: 975 8285 0681
Password: jccrelax

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
<table>
<thead>
<tr>
<th><strong>Healing Yoga For Women Living with Cancer Online with the JCC</strong></th>
<th><strong>Yoga For Cancer Care Online with the JCC</strong></th>
<th><strong>Ai Chi Renewal Program for Women Living with Cancer Online with the JCC</strong></th>
</tr>
</thead>
</table>
| 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 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 class June 5th* | 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: jccyoga4me | Join Zoom Meeting  
https://zoom.us/j/96204552859  
Meeting ID: 962 0455 2859  
Password: jccyoga4me | Join Zoom Meeting  
https://zoom.us/j/96764984284  
Meeting ID: 967 6498 4284  
Password: jccaichi |

<table>
<thead>
<tr>
<th><strong>Nia Moveing to Heal for Women Living with Cancer Online with the JCC</strong></th>
<th><strong>Moving for Life Online with the JCC</strong></th>
<th><strong>Moving for Life: Gentle Cardio Workout - Online with the JCC</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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. <strong>Tuesdays at 4:00-5:00 PM</strong></td>
<td>Join Martha Eddy + Ana Leon Bella + Evelyn Nunlee for gentle dance-exercise for women living with cancer. Classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation. At this time all classes are nevertheless open to all cancer survivors. <strong>Wednesdays at 12:00-1:00pm</strong></td>
<td>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. <strong>Saturdays at 11:00-12:00pm</strong></td>
</tr>
</tbody>
</table>
| Zoom Meeting ID: 936 4666 0653  
Zoom Password: jccniamove | | |

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**A Walk with Cancer, Healing Music + Conscious Self-Care 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 & healing from within.

**Sunday, June 12th**
6:00-7:15 pm

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

---

**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

---

**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

---

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

Although technically corn is classified as a grain, its nutritional benefits, especially during its peak season, should not be overlooked.

**Why eat corn?**
- It is high in B-vitamins, particularly vitamin B3, vitamin B6, and pantothenic.
- They contain carotenoids, which are phytonutrients that aid in protecting us from disease and enhance the immune system.
- Corn is an excellent source of fiber, which is linked to cardiovascular benefits, digestion and weight management.

**Recipe: Mexican Street Corn Salad**

**Ingredients:**
- 4 cups of corn, fresh or frozen
- 1 tbsp avocado oil
- ½ red bell pepper, chopped
- ½ red onion, diced
- ½ jalapeño, diced
- ½ cup chopped cilantro
- ½ cup Greek yogurt
- 1 lime, juiced
- Sea seasonings: tsp each of salt, chili powder, cumin and smoked paprika
- ½ cup crumbled cotija cheese

**Instructions:**
1. Heat a large skillet over high heat with avocado oil. Once hot, add the corn. The corn should be slightly charred so that it has a roasted flavor and some brown bits mixed in. This will take about 4-6 minutes. Next, pour the corn in a large bowl and let it cool. Add chopped vegetables to the bowl with the corn. Take a small bowl and whisk together the Greek yogurt, lime juice, and seasonings. When done, stir in the cheese. Add yogurt sauce to the large bowl and stir, combining everything until well incorporated. Finally, top it off with more cheese and cilantro.

**Tips For Preventing Skin Cancer**

- Wear a hat, sunglasses, and protective clothing to shield skin.
- Use sunscreen with at least SPF 15 to protect exposed skin.
- Look indoors, especially during midday hours.

- Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
- Wear a hat, sunglasses, and protective clothing to shield skin.
- Protect skin in the sun with sun-protective clothing.
- Wear sunscreen with at least SPF 15 to protect exposed skin.

**Thank You!**

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

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