October is Breast Cancer awareness month, please join us for a virtual cooking class in partnership with Unite For Her on the 27th at 1pm. Berfin Mahmut, PT, will be facilitating a Lymphedema Workshop on the 14th at 2:30pm. Dr. Cai will be presenting at the Chinese support group on how breast cancer survivors can improve quality of life on the 5th at 2pm. We are thrilled the song-writing workshop is back with Michael Inge, Tuesdays at 11am. Please join us for a new women's support group on the 27th "Share Your Story" with Chaplain Dana Rainey at 5pm.

Lymphedema Workshop with Berfin Mahmut, PT

In recognition of Breast Cancer Awareness Month please join Berfin Mamut, PT, DOT, CLT, LANA, OnCS for this virtual workshop. She will be able to address questions about lymphedema.

**Tuesday, October 11th 2:30-3:30pm**

To register, please call Emily Szafara, LMSW emily.szafara@mountsinai.org / 212-367-0106
Meeting ID: 928 3759 1235

Cooking Class with Unite For Her

In recognition of Breast Cancer Awareness Month join Unite For Her for a cooking class.

**Thursday, October 27th 1:00-2:00pm**

Zoom Meeting ID: 881 5065 6228
To register, please call Emily Szafara, LMSW emily.szafara@mountsinai.org / 212-367-0106

Join us to Volunteer at La Finca Del Sur

In recognition of National Make a Difference Day, please join our Community Outreach & Engagement Team to volunteer at La Finca Del Sur. This urban farm cooperative is committed to building healthy neighborhoods through economic empowerment, increased nutritional awareness, training and education, and advocating for social and political equality and food justice in low-income communities.

**Thursday, October 20th 10:00-1:00 PM**

138th St and Grand Concourse, Bronx NY
For More Information or to RSVP please email CSSevents@mountsinai.org

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

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**Journaling/Blogging/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: Wednesdays, Oct:** 5, 12, 19, 26,
**Writing: Mondays, Oct 10, 24
3:00-4:00pm**

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

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**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**
*Not meeting 10/17 or 10/19

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

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**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 at 1:00 PM**

Meeting ID: 448 800 2565
Passcode: 506560

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**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

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**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

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

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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. 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

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Questions about Programming? Email Alison.snow@mountsinai.org
Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Sarah Handsman, 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, October 13th
6:00-7:00 pm
RSVP to sarah.handsman@mountsinai.org or 646-315-4148 for the workshop Zoom information

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, Oct 19th at 2 pm
If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org

The Cedar Club: Chinese-speaking Cancer Patients Support Group
In recognition of breast cancer awareness month, join us for a workshop given by Steven Cai, MD. 為了紀念乳癌宣傳月，來參加外科醫生蔡亦勳醫生的講座。
Join us for a discussion about how breast cancer survivors can improve quality of life.

Wednesday, October 5, 2:00-3:00 PM
星期三，10月5日，下午2 點至下午3 點
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532
通電話參加會計：請先撥打1-646-876-9923，然後輸入會議號碼742-587-5532
Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095

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 6th
at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm
Thursday, September 20th at 5:30pm
To join the groups email:
Kat Safavi, LCSW
Kat.safavi@mountsinai.org

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

Thursday, October 6th
11:00-12:00 pm
For more information:
liza.lundgren@mountsinai.org/ 347-580-0669
https://mountsinai.zoom.us/j/972737228
or call in to 1-646-876-9923
Meeting ID: 972 2732 2865

Newly Diagnosed Group
Have you been recently diagnosed with Cancer? Join us to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis.

Wednesday, October 12th
at 11:00 am-12:00 pm
https://mtl.mountsinai.zoom.us/j/94015250142
or call in to: 646-527-0226
Meeting ID: 940 1525 0142
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

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

Songwriting Workshop
Please join Michael Inge a talented songwriter for this song writing workshop series. No experience is needed. Other artists that have recorded Michael’s songs include Damien Horne, Jennifer Paige, Kelly King, and Abby Fender (Can You Duet). His songs have appeared on ABC (“Lincoln Heights”), NBC (“Parenthood”), CBC (“Heartland,” “Peak Season”), and The Family Channel (“The Latest Buzz,” “Redline,” “American Violet”).

Tuesdays, October: 11, 18, & 25
11:00am -1:00pm
Join Zoom Meeting
https://us02web.zoom.us/j/81890776153?pwd=bVlhbVduKzFDSHZ2NbGN0ejNXelp4QT09
Zoom Meeting ID: 818 9077 6153
Passcode: 118709

Share Your Story:
Women’s Support Group
Everyone has a story that people need to hear. Come share or listen to stories told by women from all walks of life. Receive encouragement to continue on your journey. The meeting will be on Zoom and led by Chaplain Dana Rainey

Thursday, October 27th at 5pm
Join Zoom Meeting:
Meeting ID: 967 8657 1549
Passcode: 6ZYwMq
For more information or to RSVP please email dana.rainey@mountsinai.org

Questions about Programming? Email Alison.snow@mountsinai.org
Woman to Woman: COVID & Cancer: Creating a Self-Care Toolbox (Special 3 Session Series)
Session 1: General Self-Care & Goal Setting
Session 2: Burnout Prevention Strategies
Session 3: Specifying Your Self-Care Plan
Please have something to write on, something to write with, and either multiple colors of crayons, colored pencils, highlighters, pens, or markers

October: 6, 13, 20 at 12pm
Join Zoom Meeting: https://bit.ly/37Czz0n
Meeting ID: 208 938 0884 +19292056099,2089380888

Join the Woman to Woman community for an evening focused on female empowerment, advocacy and safety. Learn real-world safety tips from Gabrielle Rubin, founder and owner of Female Awareness Inc., including situational awareness and how a few simple moves can make a difference.

Wednesday, October 19th
Please invite a woman in your life who could benefit from this workshop!
RSVP by October 14th to womantowoman@mountsinai.org or 212-241-379
Join Zoom Meeting: https://bit.ly/37Czz0n
Meeting ID: 208 938 0884 +19292056099,2089380884# US (New York)

Spirituality Group
This group meets periodically to reflect on spiritualty 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.

Woman to Woman: Mount Sinai Patient Portal MyChart
Join us as Christine Cetrangol director in Digital and Technology at the Mount Sinai Health System gives us a tutorial of Mount Sinai’s patient portal MyChart. We’ll be joined by clinical program manager Mallory Lit, BSN, MSN, ANP-C, AOCNP-BC as she shares how the Gynecologic Oncology Department utilizes MyCart and how this tool can help you to better communicate with your treatment team.

Tuesday, October 26th at 12pm
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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 Oct 19th

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

Woman to Woman: Mount Sinai’s MyChart

Woman to Woman: Hair Loss in Women, More than what the Eye can See with Dr. Kristen Lo Sicco
Join Dr. Lo Sicco, who will address cultural competency for women with hair loss, associated, psychosocial burden, as well as common causes of hair loss (alopecia).
Dr. Lo Sicco is a board-certified in dermatology and fellowship trained in complex medical dermatology, with a clinical focus on hair and scalp disorders.

Friday, October 14th 12:00 pm
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**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. October: Where the Sky Begins by Rhys Bowen

**October 26th at 7:00pm**

Join Zoom Meeting
https://bit.ly/3np1KKW
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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**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 Eli Choo, at eli.choo@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 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 eli.choo@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, Eli Choo at eli.choo@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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**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, October 17th**

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

Join Zoom Meeting:
https://bit.ly/37Czz0n
Meeting ID: 208 938 0884 +19292056099,,2089380884

**Tuesday, October 11th**

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

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

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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

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

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**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. October: Where the Sky Begins by Rhys Bowen

**October 26th at 7:00pm**

Join Zoom Meeting
https://bit.ly/3np1KKW
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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**Tuesdays, 5:30-6:30pm**

RSVP for the Zoom information or for more information please contact Eli Choo, at eli.choo@mountsinai.org.

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**Wednesdays, 6:00-6:45pm**

RSVP for the Zoom information or for more information please contact eli.choo@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*

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RSVP for the Zoom information or for more information please contact, Eli Choo at eli.choo@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*
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!

Friday, October 7, 14, 21 & 28
11:30-12:30pm

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

Online 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

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

Zentangle Therapeutic Technique Series online with the JCC
Easy-to-learn, relaxing and fun, The Zentangle Method is a way to create beautiful images. Drawing these patterns, called tangles, allows the artist inside of you get lost in repetition, focus, and relax.

Oct 6 - String Thing
Oct 13 Shading Techniques
Oct 20 Fragments
Oct 27 High Focus Tangles

Thursdays, October 6, 13, 20 & 27 1:30-2:45pm

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

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: 10/4 & 10/25
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 Online with the JCC
Learn to slow down and personalize movement for you body while focusing on feeling better, regardless of your physical condition. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation.

Tuesdays at 4:15-5:15 PM
*Not meeting: 10/4, 10/11,10/18

Zoom Meeting ID: 936 4666 0653
Zoom Password: jccniamove

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

Mondays
6:15-7:30pm
*Not meeting Oct 10th

Join Zoom Meeting
https://zoom.us/j/97582830681
Meeting ID: 975 8285 0681
Password: jccrelax

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Moving for Life: Gentle Cardio Workout - Online with the JCC

Join Leora Leung for a gentle 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 that surgery and chemo and radiation. At this time all classes are nevertheless open to all cancer survivors.

Sundays, 3:00-4:15 PM

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

Healing Yoga For Women Living with Cancer Online with the JCC

Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

Thursdays, 6:45-8:00pm

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

Beginner Pelvic Floor Workshop 2: Don’t Suffer in Silence Women Only Online with the JCC

Join Randi Stone, Pelvic Floor Specialist for this class delve deep into breathing and how to access your diaphragm. This gentle partially seated workout. Wear loose-fitting clothing and have a towel or yoga mat on hand.

Wednesday, October 26
11:00-12:30pm

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

Yoga For Cancer Care Online with the JCC

Join Leora Leung for gentle yoga stretches to bring balance and clam into your body. Stretch, expand and soften into yourselves to improve well-being, feel better and regain and maintain center. Gentle postures, relaxation and meditation will be incorporated in this class. No prior yoga experience needed.

Sundays, 3:00-4:15 PM

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

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 AiChì moves. Ai Chi: Japanese for love Ai; Chi Chinese for energy.

Thursdays at 9:45-10:45am

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Nia Dance Party with Special Guest Winalee Zeeb & Caroline Kohles at the JCC**

Once a month, experience Nia—a beautiful blend of dance, martial arts, and yoga. Ignite your body, mind, and spirit in this special class via Zoom with Winalee Zeeb and Caroline Kohles. These second-degree Nia black belts and somatic educators will gently guide you to find the joy in your body by moving in concert with your body.

**Sunday, October 30th**

**12:30-1:30AM**

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

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**Breast + Ovarian Cancer Support Massage at the JCC**

Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post-treatment and/or post-surgery. Prescription and online intake required.

**Tuesdays 10-12pm**

Email oncologymassage@mmjccm.org or call 646.467.9239 for details.

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**Meditation Online with the JCC**

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

**Mornings: Mon–Fri, 7:30–8:30 am**

**Evenings: Mon–Thu, 5:45–6:45 pm**

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

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**Dance Soiree- Salsa in person at the JCC**

Join us for a basic dance lesson and dance party.
All levels. Come as you are or dress for the theme.
**Group Dance lesson, 6:30-7:15pm**
**Open Dancing, 7:15-8:30pm**

**Thursday, October 20**

**6:30-8:30pm**

If you are having difficulty with registration please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.

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**Boost Bone Health Online with the JCC**

Join us on World Osteoporosis Day for a special participatory online class, lecture, and Q&A. Give yourself a shot at improving bone health by learning and practicing appropriate postural alignment and new movement patterns to increase bone density, bone quality, and prevent injury from falls. Led by Linda Rose Iennaco, Bone Health & Osteoporosis Foundation Ambassadors Leadership Council.

**Thursday, October 20th**

**3:00-4:00pm**

Please contact boxoffice@mmjccm.org for additional information.

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**Positive Neuroplasticity Training: Turning Everyday Experiences into Lasting Inner Strengths Online with the JCC**

Positive Neuroplasticity Training teaches ways to make the most of beneficial experiences, to promote happiness, self-worth, resilience, and motivation. Using evidence-based strategies, this six-week course is designed to help people become mindful of the many positive experiences occurring in their lives at every moment and convert these passing moments into lasting neural traits that they can use repeatedly.

**Wednesdays-October 26th-Dec 7th 6:15-9:15pm**

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

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

Why eat Brussels Sprouts?
- Brussels sprouts are in the same family of cruciferous vegetables like broccoli, cauliflower, kale and collard greens which can all help reduce blood cholesterol levels, including LDL cholesterol.
- Contains phytochemicals and folate which have been shown to help lower cancer risk and inflammation, promote healthy sight and reduce cognitive decline.
- Brussels sprouts provide a range of vitamins, minerals and antioxidants including vitamin K, vitamin C, folate, carotenoids, and fiber.

TIP: Avoid overcooking brussels sprouts. Overcooking this vegetable, especially by boiling, will bring out bitter flavors and unpleasant odors.

Recipe: Roasted Brussel Sprouts with Garlic

Ingredients
- 1 pint brussels sprouts (about a pound)
- 4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
- 5 cloves garlic, peeled
- Salt and pepper to taste
- 1 tablespoon balsamic vinegar

Instructions:
1. Step 1: Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Step 2: Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes.
3. Step 3: Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm. [source: cooking.nytimes.com]

Liver Cancer Information

Session in Spanish
BRING YOUR QUESTIONS! This educational webinar will be presented in Spanish
Speaker: Dr Augusto Villanueva Rodriguez, Associate Professor, Icahn School of Medicine at Mount Sinai Specialty: Hepatologist/Gastroenterologist

Tuesday, October 25th at 6:00pm
To Register: Visit chmagency.com/NY1025MS
Need help with registration? Text HELP to 646-867-7250
For more information on liver cancer, visit amasuhigado.com

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

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

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