How to Zoom

1. Go to Zoom.us on your computer, tablet or phone
2. Click the button in the top right corner that says "Sign Up, It's Free!
3. Create an account and check your email to activate your account
4. When it is time for the group or activity you want to participate either click or type in the link in your open browser or open zoom and when click join a meeting and type in the meeting ID. If you don't have a working microphone or don't want to download zoom, call in using the phone numbers listed
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.

Mondays at 1:00pm
Meeting ID: 448 800 2565
Passcode: 506560


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

Yoga For Cancer Survivors with Roberta

Looking to find a little peace of mind and stretch your body? Join Roberta 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/3770410700
Meeting ID: 377 041 0700

Writing and Journaling Workshops

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

Mondays: March 1, 8, 15, 22
Wednesdays: 3, 10, 17, 24, 31

Email Emily to get the Zoom link and password: erubin219@gmail.com

Yoga For Men Who are Cancer Survivors with Jerry

Join Jerry Snee for virtual community and Yoga practice on

Thursdays 3:00-4:30pm
Please note that this is a virtual yoga class and will be held on zoom.

https://zoom.us/j/91453647590
Meeting ID: 914 5364 7590
Password: jccyogamen

Meditation with Alice

Join Alice Fox on Monday, Tuesday and Friday for a thirty minute guided meditation.

Mondays, Tuesdays, and Fridays at 12:00pm
Please note that this is a virtual yoga class and will be held on zoom.

https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

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 from 12:30-1:30PM

https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

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

Meeting ID: 448 800 2565
Passcode: 506560
Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis

Join Meghan Shafer, LMSW 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, Mar. 11th**
6:00-7:00 pm  
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop Zoom information

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**Latina SHARE Support Group for Women with Breast & Ovarian cancer**

Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.

**Mt. Sinai Morningside**
Mar. 10th & 24th at 2:30 pm

**Mt. Sinai Downtown**
Mar. 18th at 2:30 pm

To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

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**Brain Tumor Support Group**

Seeking support for yourself or a loved one with a Brain Tumor? This open session allows you to share experiences, learn from others' experiences, exchange ideas and obtain support. It is led by Mount Sinai social workers, nurses and neurosurgeons.

**Thursday, Mar. 4th and 18th at 4:00pm**

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

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**Radiation Support Group**

This is a space for people who have had or are currently receiving radiation treatments.

**Monday Mar. 8th and 22nd at 1:00-2:00pm**

For more information or to RSVP contact: Emily or Eric

Emily.Szafara@mountsinai.org or 212-523-7541 and Eric.white@mountsinai.org or 212-844-6072

or call in to 1-646-876-9923

Meeting ID: 320 489 3433

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**Brain Tumor Support Group**

Seeking support for yourself or a loved one with a Brain Tumor? This open session allows you to share experiences, learn from others' experiences, exchange ideas and obtain support. It is led by Mount Sinai social workers, nurses and neurosurgeons.

**Thursday, Mar. 4th and 18th at 4:00pm**

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

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**Caregiver Support Group**

Feeling stressed or overwhelmed?
Join us every other Thursday for our caregiver support group with Emily Szafara, SWI

**Thursday, Mar. 11th & 25th 2:00-3:00pm**

Please RSVP to Emily at 212-523-7541 or emily.szafara@mountsinai.org

or call in to 1-646-876-9923

Meeting ID: 320 489 3433

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**We're Here to Support You**

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

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Questions about Programming? Email Alison.snow@mountsinai.org
**Malecare Gay Men's Prostate Cancer 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.

**Monday Mar. 1st at 6pm**
To get the zoom link and RSVP email info@malecare.org

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**Malecare All Things Prostate Cancer and Advanced Prostate Cancer Support 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

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**Cedar Club: Discussion with Medical Interpreters**
Tuesday, March 16, 2:00–3:00 PM

Join us for a discussion with Connie Chen, medical interpreter from the Asian Services Team at MSBI. Come and learn about her experiences as both an interpreter and a survivor.

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

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**Woman to Woman Covid & Cancer Series**
COVID Skincare - are you breaking out from wearing a mask? Is your skin especially dry from being indoors so often? Is stress increasing the appearance of wrinkles? Norma Llama, professional skin care specialist, will address common skin care issues patients may be experiencing and solutions to help fix them. She will lead a hands-on demonstration and answer all of your questions!

**Wednesday, Mar. 17th**
1:00-2:00pm
Meeting ID: 821 7883 3281
Call in: 929-205-6099
Meeting ID: 821 7883 3281#

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**Woman to Woman Gyn-Onc Group**
Women diagnosed with gynecologic cancer are invited to join our phone support group meetings. Connect with other women also going through treatment and our network of volunteer survivors by phone.

**Every Thursday**
11:00-12:00
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in: 646-558-8656,
Meeting ID-757 176 6991#

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**Woman to Woman We’re Too Young For This**
Life after a gynecologic cancer diagnosis in your 20s and 30s is hard. Meet other young survivors who know what it's really like. Bring your favorite drink, smoothie, tea or whatever you prefer and chat with other women.

**Thursday, Mar. 11th**
7:00-8:00pm
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in-646-558-8656,
Meeting ID- 757 176 6991#
Join Erica Rodas, Occupational Therapist and Certified Lymphedema Therapist to explore the role that your lymphatic system plays in your overall health, how cancer treatment affects your system and ways you can support your lymphatic system.

**Thursday, Mar. 4th**

11:00-12:00pm
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in- 646-558-8656
Meeting ID- 757 176 6991#

### Woman to Woman Book Club
Join W2W volunteer Emily Mlynek, a senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you finished the book or not! We meet the last Tuesday of every month.

**This month’s book:**
*My Husband’s Wife* by Jane Correy

**Tuesday, Mar. 30th at 6:30-7:30pm**
Meeting ID: 819 3220 6252
Call in- 646-558-8656
Meeting ID- 819 3220 6252#

**Wednesday, Mar. 31st at 4:30-5:30pm**
Meeting ID: 819 3220 6252#

### Woman to Woman: How to Reduce Stress & Promote Calm
Enjoy morning learning from the experts at the Mount Sinai Calm Program. Learn about the physical and emotional benefits of meditation, yoga and music. Following a panel discussion, you will have the opportunity to choose one in-depth relation experience. RSVP by Mar. 10th to womantowoman@mountsinai.org or 212-241-3793

**Mar. 13th at 10:00-11:30am**
Meeting ID- 822 9652 4586
Call in: 929-205-6099

**More women are joining the W2W book club!**
Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org

### Woman to Woman: The Big Ordeal: Coping with Cancer Emotions
Join Cynthia Hayes, gynecologic cancer survivor, published author of *The Big Ordeal* and woman to woman volunteer as she discusses her book. The Big Ordeal was written with the help of a psychotherapist and two oncologists and is based on over 100 interviews with patients, caregivers, oncologists, neuroscientists and other experts. This is presented in partnership with Sharsheret and Cancer Support Community.

**Saturday, Mar. 3rd at 8:00pm**
Register in advance for this event: https://link.sharsheret.org/bigordeal
**Woman to Woman**

**Holidays, Happiness and Healing**

Join W2W and Melissa K. Rosen, Director of Training and Education at Sharsheret, to explore holidays, happiness, and healing. In this program we will share practical tips, discuss how to be open to joy in everyday moments, celebrate the upcoming religious and personal holidays despite challenges of the past year and reduce anxiety in the face of cancer.

**Wednesday, Mar. 17th at 10:00am**

Register to get info to join this event: https://bit.ly/3uj5fH6

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

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**Woman to Woman**

**Cáncer de Utero y Cuello Uterino 101**

Conozca los signos y síntomas y las últimas actualizaciones en investigación y tratamientos. La Dra. Schiavone discutirá cómo hacer frente a un diagnóstico y tratamiento de cáncer ginecológico durante COVID? y la importancia del apoyo psicosocial. Este seminario web es una colaboración de Woman to Woman, The Lewin Fund to Fight Women's Cancer, Mount Sinai, Gilda's Club y LatinaShare.

**10 de Marzo de 2021 de 1-2:00pm**

http://bit.ly/2ZUuQ2c

Llame para escuchar la reunión- 646-558-8656, ID de reunión 757 176 6991

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**Fiber: The Anti-Inflammatory Diet for Robust Health & Resilience Online with the JCC**

Fiber and water are the keys to a healthy diet. Learn why a fiber-rich diet is an essential ingredient for a healthy microbiome and how fiber prevents inflammation and is key to optimizing your health and longevity.

Discuss practical ways to improve your metabolism with an evidence-based, whole food, plant-based diet.

**Tuesday, Mar. 16th at 6:30-7:45pm**

Please contact Registration by email at boxoffice@mmjcc.org

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**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**

https://zoom.us/j/99360073785

Meeting ID: 993 6007 3785

Password: jchhealing

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**Broadway's Best For Breast Cancer: Staying Healthy & Strong Online with the JCC**

Join Broadway Star Mandy Gonzalez (Hamilton, Wicked, and In the Heights) and her friends and fellow performers from the comfort of your own home as they perform. Mandy continued to perform while going through breast cancer treatment. This program brings together music and discussion about life before, during and after cancer.

**Monday, Mar. 22th at 6:00-7:00pm**

Please contact Registration by email at boxoffice@mmjcc.org

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Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Self Reiki Workshop Online with the JCC**
Join us for a virtual Reiki self-practice session. No prior training is required. You will be guided through your hands-on self practice and have a chance to ask questions after. Self practice will start at 6:30 but reiki practitioners will be available after practice to answer any questions you might have.

**Thursday Mar. 4 at 6:30-8:00pm**
Please contact Registration by email at boxoffice@mmjccm.org

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

**Tuesday Mar. 9 at 6:45-8:00pm**
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

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**Pelvic Floor Workout: Don't Suffer in Silence Women Only Online with the JCC**
Getting a good night's sleep is necessary for optimal health. Various sleep disorders, including snoring, sleep apnea, insomnia, sleep deprivation, and restless leg syndrome, can keep you up at night. Come learn about the latest in sleep research and discover how your mind and body are affected by sleep deprivation. Learn top tips for alleviating sleeplessness.

**Wednesday Mar. 10 at 11:00am-12:30pm**
Please contact Registration by email at boxoffice@mmjccm.org

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**Online_Nia Dance Party with the JCC**
Experience Nia- a 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. They will guide you to find the joy in your body by moving in concert with your body.

**Sunday, Mar. 14th at 12:00-1:00pm**
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

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**Brain Awareness Week Workshops Online with the JCC**
Join the JCC online for a series of workshops regarding brain health and research. Lectures include keeping your brain healthy in the digital age, the power of exercise on your brain and sense and perception - how art impacts on your brain.

**Tuesday, Mar. 16th, Wednesday, Mar. 17th, and Thursday, Mar. 18th at 12:00-1:00pm**
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

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**Use Food, Not Medicine, To Prevent and Heal Acid Reflux Online with the JCC**
Join Dr. Jonathan Aviv for an enlightening discussion on acid reflux awareness and treatment. Learn recipes from Aviv’s book and how they can help relieve symptoms of acid reflux that affect the throat and stomach. Left untended, acid reflux can cause erosion that leads to conditions including esophageal cancer. Learn more about how foods you choose can to prevent and heal it.

**Thursday, Mar. 18th at 7:00-8:15pm**
Please contact Registration by email at boxoffice@mmjccm.org
Free for those being tested or treated for cancer

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**Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org**
March is National Nutrition and Social Work Month!
We want to share our greatest appreciation to these members of our Cancer Support Service team. Thank you to our Nutritionists and our Social Workers for all of the support you provide to so many!

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

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**Living Your Death Workshop Online with the JCC**
Join Dr. Martha Calihan and alyssa Rocco for an in-depth workshop to explore the process of death: how to think about it, plan for it, and talk about it. Talking about death is ultimately talking about life - about who and what matters and how we can live well even when we are dying. Death is the one certain thing in each of our lives yet it holds the most mystery, often the most discomfort and fear of we will encounter.

**Sunday, Mar. 21st at 9:00-5:00pm**
with a 1 hour lunch break
Please contact Registration by email at boxoffice@mmjccm.org

**Zentangle Therapeautic Doodling Online with the JCC**
The Zentangle Method is a way to create beautiful images. Drawing these patterns, called tangles, allows the artist inside of you get lost in repetition, focus, and relax. By combining dots, lines, curves and orbs step-by-step, you are designing the "Elemental Strokes" in all Zentangle art. No art background required!

**Fridays from 11:30-12:30pm**
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org

**Art Workshops with the Creative Center**
Join the creative center for daily art workshops on Zoom. Using simple art supplies and household materials, you'll experience the transformative power of Art to create and have fun! View the current workshop calendar and sign up at https://bit.ly/3ceJyZB

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

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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

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**Thank You!**

Follow our Instagram for our most update information on programming, resources, and important information from our cancer supportive services team.
@MSHScancersupportiveservices
## SUPPORT & WELLNESS PROGRAMS: MARCH 2021

<table>
<thead>
<tr>
<th>Monday</th>
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