September is National Blood Cancer awareness month, please join us for a virtual presentation on September 28th at 6pm. September is also Gynecologic Cancer Awareness month, please join us for a virtual event that will be held in Spanish on September 28th at 1:30pm. Mid-Autumn Festival will be celebrated virtually with songs on September 9th at 3pm. It is one of the most important holidays in Chinese culture and it's about family togetherness.

We are still virtual and we are still here to provide you support. We are using zoom to offer FREE programming for patients and caregivers. Zoom is an online platform which is accessible via phone, laptop, desktop, and tablet. We have included the links, dial in numbers and meeting IDs so you can join us.

What You Need to Know: Driving Treatments Forward in Blood Cancers
Join the Leukemia and Lymphoma Society and Dr. Mascarenhas, Dr. Rodriguez & Dr. Sundaram for this virtual program on how clinical trials are driving treatment advances for Leukemia, Lymphoma, Myeloma, MDS & MPN. Wednesday, September 28th 6:00-7:30pm
To register, please call 212-376-4656/ jennifer.shah@LLS.org

Celebrating Mid-Autumn Festival
Join us for a virtual/telephone Mid-Autumn Festival celebration! Let us sing Mid-Autumn Festival songs together! To join via computer:
https://mountsinai.zoom.us/j/7425875532

Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095

September is National Blood Cancer awareness month, please join us for a virtual presentation on September 28th at 6pm.

Supervivencia después de un diagnóstico de cáncer ginecológico
En honor al Mes de Concientización sobre el Cáncer Ginecológico, la oncóloga ginecóloga Dra. Maria Schiavone hablará sobre la supervivencia después de un diagnóstico de cáncer ginecológico. Conozca la importancia de cuidar los efectos físicos, mentales, emocionales, sociales y financieros del cáncer que comienzan en el momento del diagnóstico, continúan durante el tratamiento y más allá. También tendrá la oportunidad de escuchar a una sobreviviente de cáncer ginecológico y aprender de su experiencia miércoles 28 de septiembre 1:30-2:30pm

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

**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, Sept 7, 14**

**Blogging: Sept 21, 28**

**Writing: Mondays, Sept 12, 26**
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 Sept 5th

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**

*Not meeting Sept 5th

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**
Join Jerry Snee, CYI for virtual community and Yoga practice

**Thursdays 3:00-4:30pm**

Please email jerrysnee@msn.com for more info.

Join Zoom Meeting
https://zoom.us/j/91453647590
Password: jccyogamens
Meeting ID: 914 5364 7590

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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**

or call in to 1-646-876-9923
Meeting ID: 320 489 3433
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, September 8th
6:00-7:00 pm
RSVP to sarah.handsman@mountsinai.org or 646-315-4148 for the workshop Zoom information

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, September 1st
at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm
Thursday, September 15th at 5:30pm
To join the groups email: Kat Safavi, LCSW Kat.safavi@mountsinai.org

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, Sept 21st at 2pm
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 discussion about stress management skills.

Tuesday, September 27, 2:00 PM - 3:00 PM
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532
通過電話加入會議：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
想要知道更多信息，請聯繫李周小姐
郵箱 mi.zhou@mountsinai.org 或者電話212-604-6095

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.

September 1st
11:00-12:00pm
For more information:
liza.lundgren@mountsinai.org/347-580-0669
https://mountsinai.zoom.us/j/972273228
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, September 14th
at 11:00am-12:00pm
https://mountsinai.zoom.us/j/94013250142
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
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
designed an image that presents information about the organization.
**Tuesday, September 20th**
**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!

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

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**BRCA Genes**
**BRCA 1 and 2** are genes that inhibit breast, gynecological, and pancreatic tumor growth.

**Woman to Woman: BRCA Awareness - Pancreatic Cancer Risk and BRCA 1/2**
Join Dr. Aimee Lucas, a gastroenterologist who specializes in gastroenterologist risk assessment, screening and prevention. Dr. Lucas
will discuss the relationship between BRCA1/2 and pancreatic cancer as well as current screening and surveillance strategies. Dr. Lucas directs the Mount Sinai Pancreatic Cancer Screening and Prevention Clinic.

**Wednesday, September 21st**
**4:00 pm**
Meeting ID: 757 176 6991
One tap mobile- 16469313860,.7571766991#

**Woman to Woman: Navigating a Gynecologic Cancer Diagnosis**
Join us for an interactive webinar with Special Guest Speakers:
- Dr. Erin Stevens: Board Certified Gynecologic Oncologist Prevea Health
- Jeanice Hansen, LCSW, OSW-C: Ovarian Cancer Consultant Outreach Liaison, The Clearity Foundation
And an inspirational survivor story from Ovarian Cancer survivor, Ivette Alicea

**Tuesday, September 20th at 6pm**
https://bit.ly/3QA8M6h
For more information: friends@wisconsinovariancancer.org OR 262-797-7804
Webinar is Co-sponsored by: Discovery to CURE, TEAL, Sharsheret, WOCA, Clearity

**Questions about Programming? Email Alison.snow@mountsinai.org**
**Woman to Woman: How to Read a Nutrition Label**

Join registered dietitian Karen Berg as she walks you through how to read a nutrition label. Think you are choosing healthy foods? Think again! Packaging is often meant to deceive you and Karen will help you truly know what to look for when you look at a label. Then she will lead a cooking demo on how to make super simple, and delicious, energy bites.

**Wednesdays, September 14th 12:00-1:00 pm**

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

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**Woman to Woman: COVID & Cancer COVID Medical Update with Dr. Smith**

As the COVID news continues to change daily, it’s difficult to sort through and understand the implications of the vast amount of information available. Esteemed Dr. Cardinale Smith, oncologist and palliative medicine physician, will share her expertise and help our oncology patients figure out how to safely navigate pandemic life.

**Monday, September 8th 3pm**

Join Zoom Meeting:  
https://bit.ly/37Czz0n  
Meeting ID: 208 998 0884  
+19292056099,2089380884# US (New York)

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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**

*NO CLASS 9/28*

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*

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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: COVID & Cancer- What You Need to Know about Monkeypox**

As cancer patients and survivors living during a global pandemic, the news about monkeypox can be very stressful. While rare, the virus has been spreading in the United States, with a third of the cases in New York City. Richard Silvera, MD, MPH, CPH, Assistant Professor of Infectious Diseases at Mount Sinai will discuss what monkeypox is, who is at high risk, how it is transmitted, what are the symptoms, and current treatments including vaccinations.

**Thursday, September 15th 2:00-3:00pm**

Join Zoom Meeting  
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**
**Know Your Pelvic Floor Part 2 w/ Dr. Pashinsky & Dr. Levine**
Join Dr. Pashinsky a Mount Sinai gastroenterologist specializes in women's gastrointestinal health with a focus on pelvic floor dysfunction, motility and nutrition. Dr. Levine is a director of Physical Therapy. She is the director of the pelvic rehabilitation program at Zion Physical Therapy.

**Wednesday, Sept 28th**
**12:00 -1:00pm**
Join Zoom Meeting: https://bit.ly/37Czz0n
Meeting ID: 208 938 0884
One tap mobile: +19292056099,2089380884# US

**Woman to Woman: Cklearity Foundation discussion around Clinical Trials**
Please join Clarity founder, Laura Shawver, PhD, scientist and ovarian cancer survivor to discuss the treatment landscape around clinical trials and how to be more informed on what clinical trials might be best for your individual journey. Finding a clinical trial can be daunting. Laura will walk through how to use the Clinical Trial Finder on their website, https://forms.clearityfoundation.org/find-clinical-trials/, to quickly hone in on specific trials more tailored for you. She will also be available to address questions on tumor molecular profiling and how to obtain these services if desired.

**Thursdays: September 29th**
**10:00am**
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. September: Still Life by Louise Penny

**September 28th at 7:00pm**
Join Zoom Meeting
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**
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, September 19th**
**12:00-1:00pm**
Join Zoom Meeting
https://bit.ly/37Czz0n
Meeting ID: 208 938 0884
+19292056099,2089380884

**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, September 13th**
**12:00-1:00pm**
Join Zoom Meeting
Meeting ID: 865 7625 2999/ Call in- 646-558-8656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
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](https://bit.ly/3ceJyZB)

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

Advanced Writing Workshops

These workshops are for those who have been a part of Emily Rubin’s Writing Workshops and need more time to work on projects.

**Wednesdays, September:**
- 7, 14, 21, 28
- 2:00-3:00pm

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

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/](https://lookgoodfeelbetter.org.virtual-workshops/)

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

Nia Moveing 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 4:00-5:00 PM**
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**
*no class 9/26*

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
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/99360073875
Password: jcchealing
Meeting ID: 993 6007 3875

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
*No class on 9/25
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 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/96736498428
Meeting ID: 967 6498 428
Password: jccaichi

Beginner Pelvic Floor Workshop: Women Only Online with the JCC
Join Randi Stone, Pelvic Floor Specialist for this class. Join us for an intimate conversation on a private matter in a safe, encouraging environment. Learn simple exercises to strengthen your pelvic floor that include variations of Kegels and reverse Kegels, as well as other complementary exercises. Wear loose-fitting clothing and have a towel or yoga mat on hand.

Wednesday, September 21
11:00-12:30pm
Please contact registration by email at boxoffice@mmjccm.org for additional information

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 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.

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
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.

Saturdays at 11:00-12:00pm
Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Forest Bathing in Central Park with the JCC
Forest bathing involves taking a walk in the woods with a trained guide; open your mind and body to connect with your surroundings. Join Lori Klammer, Association of Nature + Forest Therapy for this experience.

**Thursday, September 16th**

**8:30-10:30AM**

Meet in front of Tavern on the Green, 67th Street & Central Park West (rain date: Fri, Sep 16)

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

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

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, September: 2, 9, 16, 23, & 30  11:30-12:30pm**

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

Building a New Career Later in Life Online with the JCC
Join Dana Hilmer & Wendy Perrotti, certified professional coaches and co-founders of Camp Reinvention™ if you are considering pursuing a different career path or direction in your life, but are unsure on how to make it a reality? Join us in a career workshop designed to kick age to the curb and create a second half of life you are wildly excited about. Learn strategies to find clarity and purpose, identify your life experiences as assets, and take actionable steps towards a professional pivot that will reinvent growing older and help you creating the life and work you love.

**Thursday, Sept 29th 7:00-8:00pm**

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

Zentangle Therapeutic Doodling - Introduction Art for Everyone Online with the JCC
Easy to learn, relaxing, and fun, the Zentangle Method is a way to create beautiful images no matter what your art ability. Drawing these patterns, called tangles, allows the artist inside of you to get lost in repetition, focus, and relax. Combining dots, lines, curves, and orbs to design the "Elemental Strokes" in all Zentangle art. No art background required-AT ALL!

**Wednesdays September 23rd 12:00-1:00pm**

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Fruit of the Month: Apples

Why Eat Apples?
- Antioxidants in apples may offer beneficial effects against certain types of cancers
- Apples’ fiber content may also contribute to their cancer-fighting properties
- Eating them is linked to a lower risk of many chronic conditions, including diabetes, heart disease, and cancer.
- Apples may also promote weight loss and improve gut and brain health

www.healthline.com

Apple Crisps Recipe:

Ingredients:
- Apples
- Cinnamon

Directions:
1. Preheat oven to 200 degrees F.
2. Wash, core, and thinly slice apples.
3. Arrange on parchment-lined baking sheets, sprinkle with cinnamon and bake. The apples are ready when a single apple chip removed from the oven is crisp when set out at room temperature for 2 to 3 minutes.
4. Turn off the oven and let the apples cool in the oven for 1 hour. ENJOY!

Apple Chips [Healthy Baked Snack!] - WellPlated.com

Safety in Vaccines online with Karpas Health

Join Dr. Leonard Amoruso, Medical Director for General Medical Associates and Division Chief for General Internal Medicine for this online workshop discussing the importance and safety of vaccines.

Thursday September 15th 1:00-2:00pm

Meeting ID: 994 8848 318
Passcode: 961216 Dial In: 646-876-9923
To register or for more information please visit karpashealth.org/events

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 20
10:00-1:00 PM

138th St and Grand Concourse, Bronx NY

For More Information or to RSVP please email CSSevents@mountsinai.org

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

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