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.

Nutrition & Cancer Workshop
Join Brittany Delaurentis, RD, CDN Clinical Nutrition Coordinator for this interactive workshop where she will discuss popular nutrition topics and myths. Brittany will offer strategies to optimize nutrition during cancer treatment.

July 28th 3:00-4:00pm
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

The Cedar Club: Summertime Tips with Julie Lin, RN
Tuesday, July 27th 2:00–3:00 PM
炎炎夏日來了！來參加註冊護士林琦的講座 來和我們一起討論腫瘤病人在夏日的健康小貼士！星期二，7月27日，下午2點至下午3點
To join via computer: https://bit.ly/37OCzo0
To join via phone: dial 1-646-876-9923. Meeting ID: 320-489-3433 通過電話加入會議：請先撥打1-646-876-9923，然後輸入會議號碼 320-489-3433
Email: julie.lin@mountsinai.org or 212-604-6095 想要知道更多信息，請聯繫執業臨床社工周琦小姐 郵箱 julie.lin@mountsinai.org or 212-604-6095

Song Writing Workshop
Join Michael Inge, the facilitator of the Vocal Ensemble for this interactive workshop. He will review the fundamentals of song writing and help you channel your creative energy!

July 27th 12:00-2:00pm
Join Zoom Meeting
https://us02web.zoom.us/j/85840063189
pwd=VWRXMiVJQzR5K1rbFZjRmZs
Meeting ID: 858 4006 3189
Passcode: 069675

Questions about Programming? Email Alison.snow@mountsinai.org
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
*No meeting 7/5
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.
Meeting ID: 448 800 2565
Passcode: 506560

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

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

Meditation with Alice
Join Alice Fox on Monday, Tuesday and Friday for a thirty minute guided meditation. Learn to connect with a sense of inner peace and let go of stress and other painful minds.

12:00-12:30PM
*Please note no Meditation class 7/5 and the week of 7/26
https://bit.ly/3T0Czo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

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: July 12th and 19th
Wednesdays: July 14, 21, 28
Email Emily to get the Zoom link and password:
write.treat@gmail.com

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 1:00-2:00PM
*No Class July 1 or July 29
https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

Questions about Programming? Email Alison.snow@mountsinai.org
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, July 14th at 11:00am-12:00pm**
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org
https://bit.ly/37OCzo0 or call in to 1-646-876-9923
Meeting ID: 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 July 15th**
**Mount Sinai Morningside: Wednesdays: July 14th & 28th at 2:30-4:00pm**
To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

Radiation Support Group
This is a space for people who have had or are currently receiving radiation treatments.
**Tuesday, July 13th at 1:00-2:00pm**
For more information or to RSVP contact:
Meghan Shafer, LCSW at 212-636-3443 or meghan.shafer@mountsinai.org
Meeting ID: 320 489 3433 or call in to 646-876-9923

SPOHNC Group
Support for People with Oral, Head, and Neck Cancer. Take this opportunity to share information and resources with women and men experiencing similar concerns - you are not alone!
**Tuesday July 20th at 3:30-4:30pm**
RSVP to Darren Arthur, LCSW to get the login info and Zoom link!

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.
Join this online support group.
**Thursday, July 1st and 15th at 4:00pm**
To join the group email: Kat Safavi, LCSW
Kat.safavi@mountsinai.org

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, July 8th 6:00-7:00 pm**
RSVP to meghan.shafer@mountsinai.org or 212-636-3443 for the workshop Zoom information

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, July 5th at 6pm

To get the zoom link and RSVP email info@malecare.org

Femalecare 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

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

July 13th at 12:00-1:00pm
Meeting ID: 827 5694 9116
Call in-929-205-6099, Meeting ID-82756949116#

Woman to Woman Covid & Cancer Series: Summer Health Tweaks
Join Leslie Thompson, creator of What's Working Here, a health & fitness blog, and learn some quick, easy and low-cost COVID safe tweaks to help you look and feel your best this summer. Monday, July 12th 2:00pm

https://us02web.zoom.us/j/83564557223
Meeting ID: 835 6455 7223
Call In: 929-205-6099, 83564557223#

Woman to Woman Covid & Cancer Series: Summer Lovin'
Join stars of BRAVO TV's "Love Brokers" and professional matchmakers Jennifer Zucher and Lori Zaslow will lead a lighthearted, interactive workshop on romance in the time of COVID. They will offer helpful suggestions about how to feel confident as a cancer patient/survivor during the time of quarantine.

Tuesday July 27th
12:00-1:00 PM
https://us02web.zoom.us/j/83707145027
Meeting ID: 837 0714 5027

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

**Oral Health After a Cancer Diagnosis**
Come join Jill Meyer-Lippert, RDH a Registered Dental Hygienist. Jill is a cancer survivor and has a certificate in Oncology Management. She runs Side Effect Support LLC, dedicated to helping cancer survivors to manage or prevent short-term oral side effects and long-term damage to oral health associated with chemotherapy and other cancer therapies.

_Thursday, July 29th_  
11:00-12:00 PM

Meeting ID: 841 7354 5693  
Call in-929-205-6099,  
Meeting ID- 84173545693#

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

_Monday, July 19th_  
12:00-1:00 pm

Meeting ID: 825 1724 0941  
One tap mobile +19292056099

**Woman to Woman Hair Care, Hair Loss & Wigs**
Join Angelo Pisacreta, a world-renowned stylist and colorist. Angelo created Hair Detox. His salon specializes in fine and thinning hair solutions.

_Thursday, July 8th_  
11:00-12:00pm

Meeting ID: 841 7354 5693  
Call in-929-205-6099, Meeting ID- 84173545693#

**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.

_Thursdays at 11:00-12:00_  
Meeting ID: 841 7354 5693  
Call in-929-205-6099, Meeting ID- 84173545693#

**Woman to Woman Book Club**
Join our 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:_  
_Daisy Jones and the Six_ by Taylor Jenkins Reid

_Tuesday, July 27th at_  
6:30-7:30pm

Meeting ID: 812 9687 7497  
Call in- 929-205-6099

**Woman to Woman Summer Fun**
Please join our Woman to Woman community for some lighthearted summer fun. For the July session, we will use our group detective skills and try to beat the clock in a virtual escape room!

_Wednesday, July 7th at_  
3:00pm

Meeting ID: 874 1335 0289  
One tap mobile +19292056099

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
**Nia Movement to Heal for Women Living with Cancer Online with the JCC**
Learn to slow down and personalize movement for your 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

**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
Password: jcchealing
Meeting ID: 993 6007 3785

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

**Moving for Life: Gentle 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 10:00-11:00 am**
Join Zoom Meeting
https://zoom.us/j/96764984284
Meeting ID: 967 6498 4284
Password: jcchealing
Meeting ID: 993 6007 3785

**A Walk with Cancer Online with the JCC**
Join Amy Camie, certified musician, breast cancer thriver, shares life lessons, healing harp meditations, and inspiring insights. Take a walk with Amy.
**Sunday, July 25th at 6:00-7:15 PM**
Please contact Registration by email at boxoffice@mmjccm.org for additional information

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Yoga4Cancer Online with the JCC
Yoga4Cancer is designed to help cancer patients and survivors manage side effects and cancer recovery through a unique Oncology Yoga-based method. Tailored to address bone loss, lymphedema, scar tissue, constipation, neuropathy, fatigue and anxiety, Yoga4Cancer builds strength and mobility while cultivating a sense of well-being.

**Sundays, 3:00-4:15PM**
*No meeting July 4th*

Please contact Registration by email at boxoffice@mmjccm.org

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

**Mondays, 6:15PM-7:30PM**
*no class on July 5th*

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

Broadway's Best For Breast Cancer: Staying Healthy & Strong Online with the JCC
Tackle Your Fear of Cancer Treatments + Their Effects, Part 3 - Hormone Therapy
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. This program brings together music and discussion. Hear from health experts Dr. Estabrook & Dr. Goel. We will also step into some restoring yoga.

**Monday, July 12th at 6:00-7:00pm**
Please contact Registration by email at boxoffice@mmjccm.org

Chi Flow Movement + Meditation Online with the JCC
Join Cary Nemeroff, "Soke" Master Teacher to learn gentle ancient martial arts movements and meditations to improve join function, relieve muscle cramping and pain, soothe stress, and reduce anxiety.

**Tuesday, July 13th**
**8:00-8:45PM**

Please contact Registration by email at boxoffice@mmjccm.org

Beginner Pelvic Floor Workshop: Don't Suffer in Silence Online with the JCC
Join Randi Stone, Pelvic Floor Specialist for this intimate conversation on a private matter in a safe, encouraging environment. Learn simple exercises to strengthen your pelvic floor.

**Wednesday, July 14th**
**11:00-12:30PM**

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Vegetable of the Month: CORN

1 ear of corn contains just 80 calories and is a good source of fiber, specifically, soluble fiber which helps support good bacteria in our gut and large intestine. Corn is a great source of Vitamin B3, B6, pantothenic acid and minerals phosphorus and manganese.

Corn is available from July to October, look for corn whose husks are fresh and green, not dried out.

Vegetable of the Month: Corn Recipe

Ingredients
- 1 tablespoon olive oil
- 24 oz corn (about 5 cups of corn cut off cob)
- 1/4 cup vegan mayonnaise
- 8 oz feta cheese, crumbled
- 2 tablespoons fresh lime juice 1/2 jalapeño, diced (Optional)
- 3 tablespoons diced red onion 1/2 cup chopped cilantro
- 1/4 teaspoon chili powder 3 cloves garlic, finely minced
- Pinch of red pepper flakes 1/2 teaspoon salt (or to taste)

Preparation 1. Heat the olive oil in a large skillet over medium heat, for 30 seconds. 2. Add the corn and cook over medium heat for 8-10 minutes. 3. In a large bowl, combine the mayonnaise, feta cheese, and lime juice. 4. Stir in the diced jalapeño, red onion, cilantro, chili powder, garlic, and red pepper flakes. 5. Add in the corn into the cheese mixture and stir until well coated. 6. Add salt to taste, then serve.

Source: https://iheartvegetables.com/spicy-mexican-street-corn-salad/

The ABC's of Clinical Trials: How They Can Help You! (Cantonese)

腫瘤臨床研究治療知多少 (廣東話)

Join us for a discussion about clinical trials featuring a panel of distinguished members of The Mount Sinai Health Network and community partners. Learn about clinical trials, why they are important, and the benefits of participation.

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

July is Sarcoma Awareness Month

Deemed a “forgotten cancer” because of its rarity, sarcomas are cancers that start in bone, muscle, connective tissue, blood vessels or fat, and can be found anywhere in the body. In general, there are two types of sarcoma: soft tissue sarcoma and bone sarcoma with more than 50 different subtypes.

The Sarcoma Alliance www.sarcomaalliance.org is national non-profit striving to extend and improve the lives of sarcoma patients through accurate diagnosis, improved access to care, education and support. They offer peer support, education and financial assistance for a second opinion.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays 11:00-12:00 Moving for Life: Gentle Cardio Workout (JCC)</td>
<td>10:00-11:00 Ai Chi Renewal Program for Women Living with Cancer (JCC)</td>
<td>10:00-11:00 Ai Chi Renewal Program for Women Living with Cancer (JCC)</td>
<td>10:00-11:00 Ai Chi Renewal Program for Women Living with Cancer (JCC)</td>
<td>12:00-12:30 Meditation 2:00-3:30 Yoga for People with Cancer</td>
</tr>
<tr>
<td>Sundays 3:00-4:15 Yoga4Cancer Online (JCC)</td>
<td>11:00-12:00 Woman to Woman Gyn-Onc Support Group</td>
<td>11:00-12:00 Woman to Woman Gyn-Onc Support Group</td>
<td>11:00-12:00 Woman to Woman Gyn-Onc Support Group</td>
<td>12:00-12:30 Meditation 2:00-3:30 Yoga for People with Cancer</td>
</tr>
<tr>
<td></td>
<td>3:00-4:30 Yoga for Men (JCC)</td>
<td>3:00-4:30 Yoga for Men (JCC)</td>
<td>3:00-4:30 Yoga for Men (JCC)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:00-5:00 Brain Tumor Support Group</td>
<td>4:00-5:00 Brain Tumor Support Group</td>
<td>4:00-5:00 Brain Tumor Support Group</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>12:00-12:30 Meditation</td>
<td>12:00-12:30 Meditation</td>
<td>12:00-12:30 Meditation</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td>Independence Day Observed</td>
<td>1:00-2:00 Vocal Ensemble</td>
<td>1:00-2:00 Radiation Support Group</td>
<td>1:00-2:00 Radiation Support Group</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>2:00-3:00 Woman to Woman: Covid &amp; Cancer Series: Summer Health Tweaks</td>
<td>2:00-3:00 Woman to Woman: Covid &amp; Cancer Series: Summer Health Tweaks</td>
<td>2:00-3:00 Woman to Woman: Covid &amp; Cancer Series: Summer Health Tweaks</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC)</td>
<td>4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC)</td>
<td>4:00-5:00 Nia Movement to Heal for Women Living with Cancer (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td>6</td>
<td>10:00-11:00 Ai Chi Renewal Program for Women Living with Cancer (JCC)</td>
<td>11:00-12:00 Woman to Woman Gyn-Onc Support Group</td>
<td>11:00-12:00 Woman to Woman Gyn-Onc Support Group</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>12:00-12:30 Meditation</td>
<td>11:00-12:30 Beginner Pelvic Floor Workshop: Don’t Suffer in Silence (JCC)</td>
<td>11:00-12:30 Beginner Pelvic Floor Workshop: Don’t Suffer in Silence (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>1:00-2:00 Knitting</td>
<td>12:00-1:00 Moving for Life (JCC)</td>
<td>12:00-1:00 Moving for Life (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>3:00-4:30 Yoga for Men (JCC)</td>
<td>2:30-4:00 LatinaSHARE Morningside 3:00-5:00 Journaling Workshop</td>
<td>2:30-4:00 LatinaSHARE Morningside 3:00-5:00 Journaling Workshop</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>4:00-5:00 Brain Tumor Support Group</td>
<td>6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td>12</td>
<td>10:00-11:00 Ai Chi Renewal Program for Women Living with Cancer (JCC)</td>
<td>11:00-12:00 Woman to Woman Gyn-Onc Support Group</td>
<td>11:00-12:00 Woman to Woman Gyn-Onc Support Group</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>12:00-12:30 Meditation</td>
<td>11:00-12:30 Beginner Pelvic Floor Workshop: Don’t Suffer in Silence (JCC)</td>
<td>11:00-12:30 Beginner Pelvic Floor Workshop: Don’t Suffer in Silence (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>1:00-2:00 Knitting</td>
<td>12:00-1:00 Moving for Life (JCC)</td>
<td>12:00-1:00 Moving for Life (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>3:00-4:30 Yoga for Men (JCC)</td>
<td>2:30-4:00 LatinaSHARE Morningside 3:00-5:00 Journaling Workshop</td>
<td>2:30-4:00 LatinaSHARE Morningside 3:00-5:00 Journaling Workshop</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>4:00-5:00 Brain Tumor Support Group</td>
<td>6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>6:45-8:00 Healing Yoga for Women Living with Cancer (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td>19</td>
<td>12:00-12:30 Meditation</td>
<td>12:00-12:30 Meditation</td>
<td>12:00-12:30 Meditation</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>12:00:10-01 Woman to Woman: What? Long-term Gyn Cancer Survivors Group</td>
<td>12:00-10-01 Woman to Woman: What? Long-term Gyn Cancer Survivors Group</td>
<td>12:00-10-01 Woman to Woman: What? Long-term Gyn Cancer Survivors Group</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>1:00-2:00 Vocal Ensemble</td>
<td>1:00-2:00 Vocal Ensemble</td>
<td>1:00-2:00 Vocal Ensemble</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>3:00-5:00 Writing Workshop</td>
<td>3:00-5:00 Writing Workshop</td>
<td>3:00-5:00 Writing Workshop</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>6:00-7:00 Broadway’s Best for Breast Cancer: Tackle Your Fear of Cancer Treatments Part 3 Hormone Therapy (JCC)</td>
<td>6:00-7:00 Broadway’s Best for Breast Cancer: Tackle Your Fear of Cancer Treatments Part 3 Hormone Therapy (JCC)</td>
<td>6:00-7:00 Broadway’s Best for Breast Cancer: Tackle Your Fear of Cancer Treatments Part 3 Hormone Therapy (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>6:15-7:30 Yoga4Cancer Online (JCC)</td>
<td>6:15-7:30 Yoga4Cancer Online (JCC)</td>
<td>6:15-7:30 Yoga4Cancer Online (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td>26</td>
<td>12:00-2:00 Vocal Ensemble</td>
<td>12:00-2:00 Vocal Ensemble</td>
<td>12:00-2:00 Vocal Ensemble</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>6:15-7:30 Yoga 4Cancer Care (JCC)</td>
<td>12:00-12:30 Meditation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00-12:30 Meditation</td>
</tr>
</tbody>
</table>

For Further Information Please see our July Newsletter:
Cancer Supportive Services Programming- for any questions contact alison.snow@mountsinai.org
Woman to Woman Program Programming: please contact womantowoman@mountsinai.org
The Marlene Meyerson JCC Programming- for information on registration please email boxoffice@mmjccm.org