August 15th is National Relaxation Day, please join us for a special mediation session with Alice Fox at 11am. Yoga, meditation, forest bathing, journaling and knitting are all great ways to relax. Check out our schedule of wellness classes and try something new this month. August 8th is also National CBD Day, in recognition we will have a CBD Oil Workshop on August 26th at 12pm. Join Brittany Craig, RD, CDN, CSO for this interactive workshop and to learn about the health benefits of CBD oil.

**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.

**CBD Oil Workshop**
National CBD Day is August 8th, in recognition please join Brittany Craig, RD, CDN, CSO, Clinical Nutrition Coordinator, for this interactive workshop. Brittany will discuss how to utilize the oil in cooking and the health benefits. Bring your questions!

**11:00-12:00PM**
*no group 8/1, 8/3 & 8/8*

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

**Introduction to Forest Bathing at the JCC**
Join us for an exploration of the JCC roof garden and how to activate your senses. The "forest" includes plants, rocks, air, water, and weather.

**Monday, August 8th 8:00-8:45pm**

Free for those being tested or treated for cancer.

**Monday, August 26nd 12:00-1:00pm**
Registration by email: CSSevents@mountsinai.org

Registration by email: boxoffice@mmjccm.org
Journaling Workshops
Join our Journaling Workshops at 3:00pm via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written!

Wednesdays: August 3, 10, 17
3:00-5:00
Email Emily write.treat@gmail.com to get the Zoom link and password

Yoga For Cancer Survivors with Jerry
Looking to find a little peace of mind and stretch your body?
Join Jerry Snee for a virtual Yoga practice

Fridays at 2:00-3:30pm
Please note that this is a virtual yoga class and will be held on zoom.
https://us02web.zoom.us/j/730613875
Meeting ID: 730 613 875
Passcode: yfpwc

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

 Thursdays 3:00-4:30pm
Please email jerrysnee@msn.com for more info.
Join Zoom Meeting
https://zoom.us/j/91453647590
Password: jccyogamen
Meeting ID: 914 5364 7590

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

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

The Cedar Club: Chinese-speaking Cancer Patients Support Group
Join us for a discussion about communication with medical team. 我們應當怎樣和照顧我們的醫療團隊保持有效溝通?

Tuesdays, August 1, 2, 3, 8, 9, 15, 16, 26, 27
1:00-2:00 PM
Meet at The Cedar Club
Time: 1:00-2:00 PM

To join via computer:
https://mountsinai.zoom.us/j/7425875532
Meeting ID: 742-587-5532
Passcode: yfpwc

Questions about Programming? Email Alison.snow@mountsinai.org
El Grupo de Apoyo para Adultos
El grupo de apoyo para adultos se ofrece a pacientes. Tendrán la oportunidad de compartir sus experiencias de vida, como se están adaptando a su diagnóstico y tratamiento, hacer preguntas, y escuchar de otras personas. Esta discusión será facilitada por Alyssa Freeman, trabajadora social

Martes 09 de Agosto
2:00PM-3:00pm
Para más información y para reservar tu espacio, contacte a:
alyssa.freeman@mountsinai.org o llame al 646-740-7110
Para unirse a la reunión use el enlace:
https://bit.ly/37OCzo0
O llame al 1-646-876-9923 ID de reunión: 320 489 3433

Latina SHARE Support Group for Women with Breast & Ovarian cancer
Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.

Thursday, August 17th at 2pm
If interested in joining please contact Jennie Santiago
dsantiago@sharecancersupport.org
Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.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, August 11th
at 11:00am-12:00pm
https://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

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, August 4th
at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm
Thursday, August 18th 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 Michael Horton, Staff Chaplain.

August 3rd
11:00-12:00pm
For more information:
liza.lundgren@mountsinai.org/
347-580-0669
https://mountsinai.zoom.us/j/972273228
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or call in to 1-646-876-9923
Meeting ID: 972 2732 2865

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, August 11th
6:00-7:00 pm
RSVP to sarah.handsman@mountsinai.org
or 646-315-4148 for the workshop
Zoom information

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 had an enormous positive impact on meeting the psychosocial needs of patients as well as preserving, restoring, and promoting physical and emotional health. SPOHNC is a foundation for patient and family education and awareness.

**Tuesday, August 16th**
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!

**Meet other women who have been diagnosed with this life changing disease and share your story.**

**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.

**Wednesday**
For more information and to get the zoom link email info@malecare.org

**Malecare All Things Prostate Cancer & Advanced Prostate Cancer Support Group**
A cancer diagnosis can be a lot for anyone to handle, but gay men may experience added challenges due to histories of homophobia and marginalization. Join Malecare on the 1st Monday of every Month at 6pm for support from other gay men going through a similar experience.

**First Monday of the Month at 6pm**
To get the zoom link and RSVP email info@malecare.org

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**Woman to Woman: Finding Meaning in Life and Peace in Death**
Facilitated by Dr. Virginia Chang, following up on her presentation “Getting Comfortable with Death” in May, certified end-of-life doula Virginia Chang, Ph.D. is returning for a 4-session workshop series to explore meaning in life through the lenses of death and dying. This series is an invitation to discover what matters most for you, your journey, your story, your people, your life, and your death. Each workshop session will be interactive and include components of small exercises, writing, sharing, and reflection.

**Tuesdays at 10am**
August 2, Session 1: Choose Love
August 9, Session 2: Live Well
August 16, Session 3: Have Faith
August 23, Session 4: Be Generous
Join Zoom Meeting
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991/ Call in- 646-558-8656

**Woman to Woman: BRCA Awareness**
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.

**Wednesday August 10th**
4:00-5:00 pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

**Woman to Woman: COVID & Cancer Processing the Many Types of Pandemic Loss (Part 2)**
The NY Times published a piece entitled “Grieving Our Pandemic Losses.” It acknowledges that in addition to those grieving the staggeringly heartbreaking numbers of lost lives, everyone impacted by the pandemic is experiencing some form of loss. These losses may include missed family celebrations, canceled vacations, dissolved communities and so much more. At the request of the original session attendees, this follow-up session will continue to focus on processing these many different types of losses and providing a safe and supportive community to discuss how to cope and move forward during this challenging time in our world. Attendance at the first session not required to attend

**Thursday, August 4th. 1:30 pm**
Join Zoom Meeting:
https://bit.ly/37CzZ0n
Meeting ID: 2089380884
One tap mobile: +19220560999_2089380884#
**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 meeting Aug 17th*

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

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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, August 15th**
12:00-1:00pm

Join Zoom Meeting:
https://bit.ly/37Czz0n
Meeting ID: 208 938 0884
One tap mobile:
+19292056099,,2089380884# US (New York)

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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

**Tuesday, August 9th**
12:00-1:00pm

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

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**Woman to Woman**

**Know Your Pelvic Floor**
with Dr. Denise Jagroo, PT, DPT, MTC, WGS
What: What is the pelvic floor? Learn what structures make up the pelvic floor.
Where: Where is it? Learn where your pelvic floor is located.
How: How does it function? Learn what the pelvic floor does for you and your body.
Why: Why is it important to keep a strong pelvic floor? Learn why it is important to keep a strong pelvic floor at any age. Who: Who has a pelvic floor? (Spoiler alert: Everyone!)

**Tuesday, August 3rd**
12:00 -1:00pm

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

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**Woman to Woman**

**Cancer & Careers**
Cancer and Careers empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events. Join the leaders in this field to learn how to navigate the workplace after a cancer diagnosis.

**Thursdays: August 10th**
12:00 -1:00pm

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

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**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. August: Vacationland
by Meg Mitchell Moore

**August 31st at 7:00pm**

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

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Questions about Woman to Woman? Email womantowoman@mountsinai.org
Dubin Zoom Yoga for Breast Cancer Patients
Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

**Tuesdays, 5:30-6:30pm**
RSVP for the Zoom information or for more information please contact Samantha Dieras, at samantha.dieras@mountsinai.org.

*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 samantha.dieras@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, Samantha Dieras at samantha.dieras@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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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

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Nia Moveing to Heal for Women Living with Cancer
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

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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**
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**

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: jcchaling
Meeting ID: 993 6007 3785

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**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

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**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/96764984284
Meeting ID: 967 6498 4284
Password: jccaichi

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**A Walk with Cancer, Healing Music + Conscious Self-Care Online with the JCC**

This summer, join us one Sunday of every month for a journey of self-discovery. Amy Camie, certified clinical musician and two-time breast cancer thriver, shares life lessons, healing harp meditations, and inspiring insights to encourage you to embrace the fullness of who you are with loving compassion. Take a walk with Amy and gain a deeper understanding of how energy, resonance, and subconscious patterns keep us circling in repetitive patterns of behavior and how conscious self-care choices can awaken the self-love and healing from within.

**Sunday August 14th 6:00-7:15pm**

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

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**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. At this time all classes are nevertheless open to all cancer survivors.

**Saturdays at 11:00-12:00pm**

Please contact Registration by email at boxoffice@mmjccm.org

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**Moving for Life**

**Starting at 12:00-1:00pm**

Please contact Registration by email at boxoffice@mmjccm.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
Breast + Ovarian Cancer Support Massage at the JCC

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

**Tuesdays 10-12pm**

Email oncologymassage@mmjccm.org or call 646.467.9239 for details

Preventing Lymphedema with Gentle Movement Online with the JCC

Join the Moving for Life staff to discover simple movements and exercises to help lymph fluids move through the lymphatic system, reducing swelling and preventing lymphedema.

**Wednesday, August 3rd, 6:30-7:30PM**

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

Advanced Pelvic Floor Workshop: Women Only Online with the JCC

Join Randi Stone, Pelvic Floor Specialist for this class if you have taken the first pelvic floor workshop. Reinforce what you’ve already learned and delve deeper into breath and accessing your diaphragm, your deep abdominals that serve as a corset for your spine and organs, and the pelvic floor itself. This is a gentle, partially seated (or on the floor for those who can) workout. Bring a towel or yoga mat, a pillow or yoga block, and an interest and willingness to move slowly and deliberately.

**Wednesday, August 10 11:00-12:30pm**

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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

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 August: 1, 8, 15, 22, & 29 11:30-12:30pm**

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

Taste Bud Rehab: Learn to Love Foods That Love You Back - Online with the JCC

Live from the Katz beautiful kitchen, join world-renowned nutrition guru Dr. David Katz and his wife Catherine founder of Cuisinicity for a lively discussion and cooking demonstration. Part 1: How to Put Sugar In Its Place Part 2: How to Make Healthy Food Taste Great

**Wednesdays August 3rd 12:00-1:00pm**

Please contact registration by email at boxoffice@mmjccm.org for the link
**Fruit of the Month: Blueberries**

How do I select, store, and prepare it?
- Look for blueberries that are firm, they are best eaten fresh
- Store in the refrigerator, if buying in bulk, you can freeze on a tray and then transfer to a bag/container
- Wash right before eating, briefly and gently

Why should I eat foods that are “in season”?

**HEALTH:** In season fruits and vegetables contain their highest content of vitamins & minerals. Varying the types of vegetables and fruits you eat will allow you to consume all their essential nutrients.

**TASTE:** Seasonal produce tastes better because it does not lose its flavor while being packed and shipped long distances.

**ENVIRONMENT:** Buying local produce reduces pollution from shipping and trucking food.

**COST:** Supply and demand. If a vegetable is in season, it will be cheaper to purchase because it is more readily available than out of season vegetables.

**Why Eat Sweet Blueberries?**

- Rich in protective polyphenols, such as resveratrol, and fiber
- Research shows links between blueberries intake and less risk of inflammatory disease (arthritis and cancer) and high blood pressure
- Blueberries contain high levels of vitamin K and vitamin C

**Recipe: Blueberry Muffin Overnight Oats**

**INGREDIENTS**
- 1/2 cup oatmeal (Old Fashioned Oats)
- 3/4 cup of coconut milk (you can use any milk you like)
- 1 tablespoon of chia seeds
- 1/3 cup of blueberries (fresh or frozen)
- A sprinkle of raw shaved almonds
- 1.5 tablespoons of Almond Butter
- Dash of cinnamon

**DIRECTIONS**

1. Mix together oatmeal, milk, chia seeds, blueberries, almonds and cinnamon. 2. Let them sit overnight in your refrigerator. 3. The next morning add the almond butter. You can microwave the almond butter for about 10 seconds so it softens and can mix easily

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