We hope to see you at one of our exciting July programs! July brings another opportunity to see Manhattanhenge on Wednesday, July 12th at 8:20pm. July is also UV awareness month, which is important because:
1. It reminds us that unprotected sun exposure can also affect our eyes
2. We immediately associate skin cancer as a negative effect of excessive sun exposure, but our eyes can suffer damage too.
3. It helps us to be mindful of something we take for granted
4. It highlights that sun protection is important all year round

Woman to Woman: “Tapping” (aka Emotional Freedom Technique/EFT) for All Cancer Patients (A Three Session Series)

“Tapping” which is also known as Emotional Freedom Technique, is an energy healing modality often described as a cross between modern day psychology and traditional Chinese acupuncture. However instead of needles, we use our fingertips to tap on and stimulate acupressure points on our face, torso and hands. EFT is highly beneficial for reducing stress, anxiety, phobias and even physical symptoms Join Melanie Moore, a life coach and EFT practitioner.

Thursday July 6th, 13th, 20th at Noon
(can attend 1, 2 or all sessions)
Session 1: Body, Session 2: Mind
Session 3: Spirit/Soul

Join Zoom Meeting:
Meeting ID: 208 938 0844

The Cedar Club: Chinese-Speaking Cancer Support Group
Communication about Cancer Workshop: 来和我们一起讨论关于癌症的沟通。
How am I feeling? How can I effectively communicate my feelings to my loved ones? 我的感受是怎样的？我可以怎样和我挚爱的人们有效表达我的情感？
How can I communicate with my medical team? 我该怎样和我的医疗团队沟通？

Tuesday, July 18, 2:00 PM - 3:00 PM
星期二，7月18日，下午2点至下午3点

To join via computer:
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532

Looking for a way to calm your mind and get better sleep? Michele's gentle guidance will help you release tension and soothe your mind, promoting better sleep and overall well-being. Take care of both your physical and mental health. Feel more centered and at peace, ready to enjoy the benefits of a good night's sleep or a healthy nap.

Restful Nights: Calm the Mind with Yoga + Qi Gong
Online with the JCC

Monday, July 10th 6:30 pm

Free for those being tested or treated for cancer. Please email our registration department at boffice@mmjcjc.org or call 646-505-5708.

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

**Wednesdays:**
*July 5, 12, 19 & 26th*
*3:00-4:00pm*
Email Emily write.treat@gmail.com to get the Zoom link and password.

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**
*No meeting 7/17, 7/19, 7/24 or 7/26*

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

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**
*July 3, 10, 17, 24, 31*
*1:00 PM*

Meeting ID: 448 800 2565
Passcode: 506560

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. This class is open to those in treatment and who have completed treatment.

**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 - Hybrid at JCC
Join Jerry Snee, CYI for in-person or virtual community and Yoga practice. This class is open to those in treatment and who have completed treatment.

**Thursdays 3:00-4:30pm**
Please email jerrysnee@msn.com for more info.
Makom on the 7th Floor or via Zoom Meeting
Zoom Meeting ID: 914 5364 7590
Zoom Passcode: jccyogamen

Relaxation Techniques to Prepare for Cancer Surgery
Connecting mind and body with meditation and hypnosis. Benefits have been reported to include: reducing levels of stress and anxiety, improving sleep, less pain and shorter recovery time. Last Thursday of the month 2-3pm.

**Thursday, June 27th 2-3pm**
To RSVP for the group, discuss additional availability and information please contact Mary Vu, LCSW at mary.vu@mountsinai.org OR 347-920-7634

Questions about Programming? Email Alison.snow@mountsinai.org
Crafts and Conversation 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. This group will meet in person in Chelsea at an outside location, please RSVP for details.

Wednesday, July 12th at 11:00am-12:00pm
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, July 6th at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, July 20th at 5:30pm
To join the groups email:
Kat Safavi, LCSW
Kat.safavi@mount Sinai.org

RSVP and Zoom Information:
Kaitlin.Goldgraben@mountsinai.org

Lung Cancer Support Group
Join this drop-in group for adults with lung cancer. Share, connect and learn from each other in a supportive atmosphere. This group is facilitated by a licensed social worker. Please join us for an open-ended Lung Cancer support group! Second Monday of the month.

Monday, July 10th 12:15-1:30pm

Online & Individual Art Sessions & 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

If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact sasachcreativecenter@gmail.com or cibelev@gmail.com. The Creative Center also works with those that are receiving treatment at Mount Sinai West.
For any questions or more information contact info@thecreativecenter.org

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

Young Adult Caregiver Support Group
This is a drop-in group for young adults who are caring for a loved one living with cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere. The group meets every third Tuesday of the month 1:00-2:00pm

Tuesday, July 18th at 1pm
For Zoom Information and to RSVP please contact
Oscar.Duran@mountsinai.org, 212-824-9273

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 by Liza Lundgren, LMSW

Tuesday, July 11th 11:00am-12:00p,
For more information: liza.lundgren@mountsinai.org/ 347-580-0669
https://mountsinai.zoom.us/j/97227322865
Meeting ID: 972 2732 2865
or call in to 1-646-876-9923
**Post-Allogeneic BMT Support Group**  
If you had an allogeneic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant. Every second Monday of the month from 2:00-3:00pm

**Monday, July 10th, 2:00-3:00PM**

RSVP and Zoom Information: Ryan.Dritz@mountsinai.org

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**Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis**

Join an oncology social worker 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. Last Wednesday of the month and 2nd Thursday evening.

**Thursday, July 13th 6-7pm  
Wednesday, July 26th 12-1pm**

RSVP to www.lls.org/metny or call 914-496-3902

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**Multiple Myeloma Mindful Journaling Group**

Mindful journaling allows our thoughts, feelings and experiences to take tangible form on paper, which helps us to become a better listener to ourselves during times of stress. Each of the sessions will consist of a mindfulness activity, individual journaling, and discussion with peers with option to share your writing/journal entry. Every first Tuesday of the Month, 4-5pm

**Tuesday, July 11th 4-5pm**

For more information or to RSVP, contact Angie Lee, LCSW at 212-824-8773 or eunji.lee@mountsinai.org

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**Grupo de Apoyo Para Pacientes y Familias con Mieloma**

Los pacientes y sus cuidadores están invitados a compartir sus inquietudes, temores y experiencias en un entorno cómodo, empático y de apoyo mutuo en este grupo mensual gratuito. El cuarto martes de cada mes.

**Tuesday, July 18th 5:30-6:30pm**

RSVP/pre-registration is required www.lls.org/metny, call 914-496-3902 or email charlotte.mcdermott@mountsinai.org

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**BIPOC Multiple Myeloma Support Group: "One Day at a Time"**

This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma. The group meets every 4th Monday of the month, 2:00-3:00pm.

**Monday, July 24th, 2:00-3:00pm**

RSVP and Zoom Information: YuMee.Song@mountsinai.org/ (212) 824-8771

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**Caring for the Caregiver Multiple Myeloma Caregiver Support Group**

A support group for caregivers of patients with multiple myeloma. Join us in a space to connect with others, share experiences, learn about resources, and reduce stress and isolation. Meets 2nd Wednesday of the month, 4-5pm.

**Wednesday, July 12, 4-5pm**

For more information and to receive the Zoom link, please contact Jaclyn Zingman, LMSW at 212-824-8745 or Jaclyn.zingman@mountsinai.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.

**Tuesday, July 11th**  
12:00-1:15pm  
Join Zoom Meeting  
Meeting ID: 865 7625 2999  
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 womanstown@mountsinai.org for assistance. July Book: Myrna’s pick! Eternally Rose by Lou Mastantuono

**July 26th at 7:00pm**  
Join Zoom Meeting  
Meeting ID: 757 176 6991/ Call in- 646-558-8656

**Woman to Woman: Heart Health in Ovarian Cancer: A Cardio-Oncologist’s Approach with Robert S. Copeland-Halperin, M.D.**

Advances in treatment such as targeted therapies like VEGF inhibitors are improving the prognosis of ovarian cancer, but are associated with important cardiovascular side effects. Join Dr. Copeland-Halperin, Director of Cardio-Oncology for the Northwell Health system who works with patients and their oncologists to enable them to receive the most effective treatments for their cancer as safely as possible in order to optimize their health and overall outcomes. He will cover an introduction of cardio-oncology and provide some practical tips.

**Wednesday, July 19th**  
12-1pm  
Meeting ID: 757 176 6991  
Call in- 646-558-8656

**Woman to Woman: Heart Health in Breast Cancer**

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

**Woman to Woman: Gynecologic Cancer Book Club**

Meet other women who have been diagnosed with this life changing disease and share your story. The goal is to reduce isolation, share resources, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

**Wednesdays, 12:00-1:00 pm**  
*No group July 5th*

Meeting ID: 757 176 6991  
Call in- 646-558-8656  
Questions about Woman to Woman? Email womantowoman@mountsinai.org

**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, July 17th**  
12:00-1:00pm  
Join Zoom Meeting  
Meeting ID: Meeting ID: 208 938 0884  
Call in-929-205-6099

**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, July 19th at 6pm**

If interested in joining please contact Jennie Santiago  
jsantiago@sharecancersupport.org  
https://latina.sharecancersupport.org/cancer-de-seno/grupos-de-apoyo-para-mujeres-con-cancer-de-seno-o-de-ovario/  
Todos podran registrarse llamando al ocepeda@sharecancersupport.org  
o 212 221-1750
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, 5:45-6:45pm
RSVP for the Zoom information or for more information please contact
DubinNutritionist@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

Healing through Journaling for Breast Cancer Patients with Lori Perkins
Join our Healing through Journaling group via ZOOM! This group is open to all breast cancer patients and run by Lori Perkins, a Breast Cancer Survivor and accomplished publisher. Participants will receive writing prompts during the session and will have time to write and share with the group.

Wednesday, July 26th 6:30-7:30pm
For zoom link and RSVP please contact: 212-824-8765
This group is open to people being treated for breast cancer at any Mount Sinai Health System

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
DubinNutritionist@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

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,
DubinNutritionist@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

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/

Red Door Community Programming
The Red Door Community offers various workshops and groups, including a Spanish speaking support group “Amigos Unidos: Grupo de Apoyo para pacientes con cancer”.

For additional information, questions and to register for the events, please call 212-647-9700

Questions about Programming? Email alison.snow@mountsinai.org
**Virtual Restorative Yoga**
Join our new virtual restorative yoga class with Sammi Ahmen. This gentle yoga class will twice in July.

Thursday, July 6th and 19th
4-5pm

To RSVP and for more information: Ebtesam.Ahmed@mountsinai.org

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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.

*Anyone in need of supplies please contact cssevents@mountsinai.org

Thursdays, 1:00-2:00PM
Virtual

call in to 1-646-876-9923
Meeting ID: 968 1548 3634

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**Spirituality Group**
This is a drop-in group facilitated by a board-certified interfaith chaplain. All belief systems and levels of religious/spiritual engagement are welcome. Content will vary based on participant interests but may include discussion of spiritual themes, sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text.

Thursday, July 6th at 1pm
RSVP for Zoom information: Karen.terry@mountsinai.org; 212-824-8129

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**Chemo Companions and Peer to Peer Prostate Support**
Chemo Companions pairs up patients with medical and graduate school students to regularly attend appointments and provide support throughout patients’ chemotherapy treatment at Ruttenberg Treatment Center. Contact anna.gribetz@mountsinai.org or 646-574-1008

Are you diagnosed with prostate cancer and would be interested in being matched with a peer mentor? Jean Claude is our current peer mentor. He is a patient at Mount Sinai Hospital where he was treated for prostate cancer in 2005. Since 2007 he has worked with cancer patients as a volunteer at Mount Sinai Hospital’s Ruttenberg Treatment Center. For more information reach out to Anna.gribetz@mountsinai.org

**Malecare Prostate Cancer Support Groups**
Looking for support since being diagnosed with prostate cancer? Join Malecare for help coping and talking to others with the same diagnosis. They offer virtual support groups for:
Advanced Stage, Newly Diagnosed, Gay Men, Active Surveillance, Caregivers.

For more information and to get the zoom link email info@malecare.org or visit https://malecare.org/support-groups/

**Black Men’s Prostate Cancer Initiative: Support Group**
The Black Men’s Prostate Cancer Initiative support groups provide prostate cancer education resources and support specifically for Black men diagnosed with prostate cancer. Our support groups under this initiative are currently fully remote, with the group being led by two licensed mental health professionals.

2nd and 4th Monday of each month at 8pm EST

To register please visit: https://zerocancer.org/get-support/black-mens-prostate-cancer-initiative/

Questions about Programming? Email alison.snow@mountsinai.org
Gentle Water Aerobics for Women Living with Cancer at the JCC
Join Velia Hoffman for gentle 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 6 participants. The class is free of charge to individuals impacted by cancer.

Tuesdays:
10:00-11:00am
*No group July 4th
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

Nia Moving to Heal for Women Living with Cancer Hybrid 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
Not meeting July 4th
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org

Mindful Movement to Combat Inflammation Online with the JCC
Join Anna Leon Bella, RN for this session on whole-body inflammation, which refers to chronic, imperceptible, low-level inflammation, Learn how to reduce it and keep it in check.

Wednesday, July 12th
6:30-7:30pm
You will receive a confirmation letter for your registration that will include the zoom link. Free for those being tested or treated for cancer. Please contact registration by email at boxoffice@mmjccm.org for additional information.

Forest Bathing with the JCC In Person in Central Park
Join Lori Klammer, Association of Nature + Forest Therapy for this walk. Forest bathing involves taking a walk in the woods with a trained guide; open your mind and body to connect with your surroundings. Take a five-star tour of your senses, including your sense of wonder. Lower your blood pressure, heart rate, and levels of stress hormones. Step into a deep and relaxing relationship with nature by slowing down and becoming more fully present. Taking a walk in the woods with a trained guide; open your mind and body to connect with your surroundings. Meet in front of Tavern on the Green, 67th Street & Central Park West

Wednesday, July 26th
6:30-8:00pm
contact boxoffice@mmjccm.org for 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 & Thursdays
10-12pm
Email oncologymassage@mmjccm.org or call 646.467.9239 for details.
Yoga for Cancer Care Hybrid 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 us online or in person for this FREE Yoga for Cancer Care class via zoom or in the Mezzanine classroom at the JCC.
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Healing Yoga For Women Living with Cancer Hybrid 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
In person room Mezzanine Classroom
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

Yoga4Cancer Online with the JCC
Yoga4Cancer is designed to help patients and survivors manage side effects and cancer recovery through a unique oncology yoga-based method. Tailored to address the specific physical and emotional needs left by cancer and its treatments, including bone loss, lymphedema, scar tissue, constipation, neuropathy, fatigue, and anxiety, Yoga4Cancer builds strength and mobility in safe ways that stimulate the immune system and build bone density while detoxing the body and cultivating a sense.

Sundays, 3:00-4:15 PM
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

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. Facilitated by Teri Dupuy. 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. At this time all classes are nevertheless open to all cancer survivors.

Thursdays at 9:45-10:45am
In order to get the new Zoom link for this class, please go to http://www.mmjccm.org/cancer-care
Once you’ve completed the online process, you will receive an email from the JCC that will provide you with a link to the class.

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
Gentle dance-exercise for women living with cancer. 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. 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

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
All About Hearing Loss Online with Karpas Health

Hearing loss is one of the most common conditions affecting older and elderly adults. Dr. Cosetti will address the types of hearing loss, associated causes, and steps to diagnosis. She will also explain treatment options and available technology to maximize quality of life and communication.

Thursday, July 13th 1-2 pm

Zoom Meeting ID: 985 6252 8997
Passcode: 651355 Dial In: 646-931-3860

Thank You to LLSNYC and Subaru for the Generous Blanket Donation!

The Leukemia & Lymphoma Society @LLSNYC and Subaru @Koeppe!auto_group provided warmth, love, and relief to those who need it most through the #SubaruLoveToCare program❤

We are grateful to partner with you in accepting this generous donation!

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

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

@LLSNYC @coeppe!auto_group @MountSinaiHealth @MSHScancersupportiveservices

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