May is National Cancer Research Month. National Cancer Research Month highlights the importance of lifesaving research to those affected by cancer. To find out more about the clinical trials we offer visit our website: https://icahn.mssm.edu/research/tisch/clinical-trials.

May is also Brain Tumor Awareness Month, please note our monthly Glioblastoma Support Group on May 5th and our Brain Tumor Support Group, on May 19th. We are excited to bring back our Walking Group, join us as we walk the High Line on May 5th and 19th. Our knitting circle led by Amy Zarin will begin hybrid on May 5th.

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.

**Mount Sinai Tisch Cancer Institute Community Outreach & Engagement Retreat**

You are invited to the Tisch Cancer Institute's Community Outreach and Engagement (COE) Spring Retreat! The Retreat is an exciting opportunity to learn from cancer research experts who are eager to engage with and meet the needs of the surrounding community. We hope you'll join us for a captivating afternoon of education and collaboration! For more information, including the agenda email MountSinaiCOE@mountsinai.org. The link to register can also be found below:

May 16th 1-4pm
https://mssm.zoom.us/webinar/register/WN_F8q85jPCQs2V887b6aq9Tg

If you have any questions about the retreat, please feel free to email MountSinaiCOE@mountsinai.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!

**Walking Group**

Join us to walk the high line in Chelsea. We have a safe way to talk and walk. In case of rain, extreme temperatures, or schedule changes, RSVP’d participants will be notified in advance for cancellation. A basic fitness level is required and comfortable attire is encouraged.

**In Person & Virtual**

*Medical Oncology Conference Room
Chelsea 325 W 15th St

https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 820 489 3433

May 5th & 19th 2:00-3:00pm
RSVP/Questions: Chelsey Schneider, MS, RD, CSO, CDN
212-604-6096/
Chelsey.Schneider@mountsinai.org

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 group May 9 & 30th
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home. https://bit.ly/3mxB9Cy
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
**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**
*No class 4/21
Please email jerrysnee@msn.com for more info.
Join Zoom Meeting https://zoom.us/j/91453647590
Password: jccyogamen
Meeting ID: 914 5364 7590

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

Writing and Journaling Workshops
Join our **Writing and 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!
**Monday: May 9 & 23**
**Wednesdays: May 4, 11, 18, 25**
Email Emily write.treat@gmail.com to get the Zoom link and password

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 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, 10 de Mayo
2:00PM-3:00pm
Para más información y para reservar tu espacio contacte a:
alyssa.freeman@mountsinai.org o llama 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.
Mount Sinai Downtown:
Thursday April 14th
at 1:30pm
Mount Sinai Morningside:
Wednesday, April 20th
2:30-4:00pm
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 positive thinking. 来和我们一起讨论正向思考。
What is positive thinking? Why is it important? 什麼是正向思考？為什麼正向思考很重要？ Meet people with similar experiences. Let us support each other! 来认识有类似经历的朋友，让我们互相支持！
Tuesday, May 24, 2:00 PM - 3:00 PM 星期二，5 月 24 日，下午 2 點至下午 3 點
To join via computer:
https://mountsinai.zoom.us/j/7425875532
通过电脑视频加入会议的链接：
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532

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

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, May 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

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.
May 5th 11:00-12:00pm
For more information:
liza.lundgren@mountsinai.org
347-580-0669
https://mountsinai.zoom.us/j/97227322865
or call in to 1-646-876-9923
Meeting ID: 972 2732 2865

Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Meghan Shafer, 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, May 12th
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
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, May 5th
at 1:00pm-2:00pm

Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm
Thursday, May 19th at 5:30pm
To join the groups email:
Kat Safavi, LCSW
Kat.safavi@mountsinai.org

A Talk with the Conversation Project
Join us for a A Talk With The Conversation Project® In Honor of National Healthcare Decisions Day 2022 Hosted by Mount Sinai Health System & Red Door Community The goal of The Conversation Project is to help everyone talk about their wishes for care, so those wishes can be understood and respected. Patty Webster, MPH, an engaging facilitator will discuss how to consider healthcare wishes and preferences, and how to have conversations with loved ones and healthcare providers about those wishes. Patients, caregivers, and staff are invited to attend and learn more about this important topic.

May 17th 12 – 1 pm,
To RSVP and obtain the Zoom link, please contact Stephanie Lehrman at Stephanie.lehrman@mountsinai.org or 212 824-7396

Managing Stress with Positivity with Karpas Health
Join Dr. Ho, Psychiatrist and Director of Training in the Center for Stress, Resilience and Personal Growth for this workshop. Community Stress is unavoidable and is a normal reaction to everyday pressures. However, chronic and prolonged stress can have negative effects on your mind and body. Come and learn about ways to manage stress using cognitive-behavioral strategies to achieve and maintain wellbeing.

Thursday, May 19th
2:00-3:00pm
Zoom Link:
https://mountsinai.zoom.us/j/92111144519?pwd=S1I2eis4VHRJR2FLZzdvbXhvVTM4Zz
09 Meeting ID: 921 114 4519 Passcode: 882208

SPOHNC GROUP
Support for People with Oral and Head and Neck Cancer
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, May 17th
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 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

Questions about Programming? Email Alison.snow@mountsinai.org
**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. May: The Good Sister by Sally Hepworth

**May 25th at 7:30pm**

Join Zoom Meeting: https://bit.ly/3npikKW
Meeting ID: 757 176 6991 / Call in- 646-558-8656

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**Woman to Woman Nutrición y Cáncer Ginecológico**

La nutrición es una parte importante de su tratamiento contra el cáncer. Comer sano puede ayudarlo a sentirse mejor y mantenerse más fuerte. Sin embargo, a veces el cáncer y su tratamiento pueden dificultar la alimentación. Muchas veces saber qué es lo “correcto” para comer puede ser confuso. Únase a nosotros para conversar con la dietista licenciada Su-Nui, DCN, RDN, FAND para conocer qué alimentos son los mejores mientras recibe su tratamiento contra el cáncer y durante la supervivencia. Saldrás de la sesión con una receta saludable. Esta presentación fue creada en colaboración con the Lewin Fund to Fight Women’s Cancer’s, LatinaSHARE, Woman to Woman, The Red Door Community and The Tisch Cancer Institute at Mount Sinai.

**Martes, May 17th at 1:30pm**

Join Zoom Meeting: https://bit.ly/2ZUuQ2c /Call in- 646-558-8656

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**Woman to Woman Covid & Cancer: Self Massage**

Massage has been proven to alleviate stress, decrease stiffness and promote relaxation. However, many people are not comfortable taking advantage of professional massage therapy services, including the many free programs for cancer patients, due to pandemic concerns. A licensed massage therapist will teach participants how to utilize self massage techniques to achieve wellness goals. Leave the session feeling calmer and more comfortable with tools to continue incorporating self massage at home.

**Thursday, May 19th 12:00-1:00pm**

Join Zoom Meeting: https://bit.ly/37LOmH8
Meeting ID: 208 938 0884/ Call in- 19292056099

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**Woman to Woman Covid & Cancer: Traveling During the Pandemic**

Whether the goal is a short driving trip to visit family or getting on a plane for a more exotic destination, it can be overwhelming figuring out how to navigate the current Covid guidelines. Professional travel consultant Virginia Braster of KPT Travel & Dr. Harrington, DSW, LCSW, former oncology social worker, educator, and cancer survivor, will share perspectives and expertise to help cancer patients figure out how to travel safely and comfortably during the pandemic. They will provide information and individualized suggestions based on interests, budget and health restrictions. Each participant will leave inspired to plan a fun summer trip that feels safe and affordable.

**Monday, May 23rd 1:30-2:30pm**

Join Zoom Meeting: https://bit.ly/37LOmH3
Meeting ID: 208 938 0884/ Call in- 929-205-6099

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**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

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**Beginner Pelvic Floor Workshop: Don't Suffer in Silence Women Only Online with the JCC**

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. Free for those being tested or treated for cancer. Women only.

**Wednesday, May 11th 11:00-12:30pm**

Please contact Registration by email at boxoffice@mmjccm.org

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

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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, May 16th 12:00-1:00pm**
Join Zoom Meeting
Meeting ID: 825 1724 0941/ Call in- 929-205-6099

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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, May 10th 12:00-1:00 pm**
Join Zoom Meeting
Meeting ID: 865 7625 2999/ Call in- 646-558-8656

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**Woman to Woman The Write Treatment Workshop with Emily**
Processing our experience during and beyond cancer through creative journaling and writing led by cancer survivor and author Emily Rubin. Writing prompts are suggested to inspire writing to share in a creative and supportive atmosphere.

**Wednesday, May 18th 12:00 -1:00pm**
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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**Woman to Woman Mental Confusion: Improving Reducing Stress & Memory with Dr. Eddy**
This participatory seminar will address what is sometimes referred to as chemobrain, and its multiple causes. Stress of illness, organizing medical appointments, financial burdens and changes in body image all impact on our ability to think clearly. Research shows that aerobic exercise and meditation can help focus thoughts and relax the nervous system. Learn how Moving For life addresses these concerns with movement and mindfulness to support clarity, joy and improved focus.

**Tuesday, May 5th 12:00-1:00pm**
Join Zoom Meeting
https://bit.ly/32UuQ2c
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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**Woman to Woman Getting Comfortable with Death**
Facing one’s mortality is not something to be fearful of, but an opportunity to find meaning and embrace life by being prepared for death. Learn how society got to where it is today in terms of death and its attitudes and what you can do to cope when faced with death or in the deaths of loved ones. This talk is described as “powerful”, “peaceful and hopeful”, “very thankful to be alive”, and “very useful information”, and is given by Dr. Chang, a certified end-of-life doula and founder of Till The Last.

**Wednesday, May 12th 12pm**
Join Zoom Meeting
https://bit.ly/2ZUuQ2c
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.

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location

Dubin Zoom Meditation for Breast Cancer Patients
Join The Dubin Breast Center of the Tisch Cancer Institute weekly mediation 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

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location

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

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location

Gentle Water Aerobics for Women Living with Breast 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

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 May: 6, 13, 20 & 27
11:30-12:30pm**
Please contact registration by email at boxoffice@mmjccm.org for additional information

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**
*Except May 30th
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/99360073785
Password: jccyoga4me
Meeting ID: 993 6007 3785

Yoga For Cancer Care Online with the JCC
Join Whitney Chapman 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
*Except May 29th

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 Ai Chi 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: jcchealing

Nia Moving to Heal for Women Living with Cancer Online with the JCC
Join Whitney Chapman 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.

Thursdays, 6:45-8:00pm

Join Zoom Meeting
https://zoom.us/j/99360073785
Password: jccyoga4me
Meeting ID: 993 6007 3785

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

Wednesdays at 12:00-1:00pm

Join Zoom Meeting
https://zoom.us/j/99360073785
Password: jccyoga4me
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 11:00-12:00pm

Please contact Registration by email at boxoffice@mmjcc.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Osteoporosis Prevention & Treatment for Men & Women Online with Cancer with the JCC**

Learn what bones are made of, what they are designed to do, and how to keep them strong and functional for a lifetime. Discuss common bone diseases, such as osteoporosis and osteopenia, and what you can do to stave off these conditions. Hear from an expert on the pros and cons of the latest medical treatments and medications. The class is free of charge to individuals impacted by cancer.

**May 3rd**
**7:00-8:15 pm**
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

**Eating for Bone Health Online with the JCC**

Learn how diet can promote healthy bones, and discover the foods that support a strong and healthy skeletal system.
Free for those being tested or treated for cancer

**Wednesday, May 18th**
**6:30-8:00pm**
Please contact Registration by email at boxoffice@mmjccm.org for additional information

**The Nutritional Truth Behind The Brands We Love online with the JCC**

Sometimes we assume that just because a brand is reputed to be healthy we are automatically getting good nutrition. Learn how to decipher the nutritional codes on product labels to get the most nutrition and taste for your food dollar. Bring your favorite foods with labels to learn and compare.

**Wednesday, May 4th**
**11:00-12:00pm**
If you register within 30mins of class start time please email boxoffice@mmjccm.org to receive the link.
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org.

**TASTE BUD REHAB: LEARN TO LOVE FOODS THAT LOVE YOU BACK - PART 1: HOW TO PUT SUGAR IN ITS PLACE**

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
Sugar has been called poison and fructose labeled as a toxin. Discover the truth. Dr. Katz will explain the biological place sugar has in our diet and Catherine will demonstrate how to make a strawberry galette that is both delicious and won’t compromise your health.

**Wednesday, May 18th**
**7:00-8:30 pm**
Free for those being tested or treated for cancer.
Registration by email: boxoffice@mmjccm.org You will receive a confirmation letter for your registration that will include your Zoom link to class. If you register within 30mins of class start time please email boxoffice@mmjccm.org to receive the link.

**SUMMER FUN ON THE ROOF NIA + FELDENKRAIS SERIES—MAY: GRAVITY + LEVITY: FINDING CENTER IN JOY- In Person**

Join two master somatic educators for a magical blend of alignment and gentle movement. Rock your body and soul or simply enjoy a mocktail and camaraderie on the beautiful JCC roof. Mocktails will be served. This class is perfect for students of all levels and abilities - from beginners to beyond! Special discounts are available for the Feldenkrais Festivals Membership Program.

**Monday, May 9th**
**7:15-8:30pm**
Please contact registration by email at boxoffice@mmjccm.org for additional information

**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

Questions about JCC Programming? Email boxoffice@mmjccmmanhattan.org
Skin cancer is the most common cancer in the United States, and includes different types.

- Unprotected skin can be damaged by the sun’s UV rays in as little as 15 minutes.
- Even if it’s cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Anyone can get skin cancer, but some things put you at higher risk.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn’t heal, or a change in a mole.

Veggie of the Month: Arugula

- Arugula is naturally low in calories and fat, and contains no cholesterol.
- Arugula is an excellent source of vitamin K and vitamin A. Vitamin K assists with bone building and blood clotting, while vitamin A is involved in immune function, healthy vision, and reproduction.
- Arugula is rich in cancer-fighting antioxidants such as carotenoids and flavonoids.
- Arugula is also rich in alpha-lipoic acid, an antioxidant that is known to be especially beneficial for people with diabetes. Alpha-lipoic acid promotes lower glucose levels, increases insulin sensitivity, and prevents oxidative stress-induced changes.

Recipe: Bean Salad with Avocado Dressing

Ingredients:
- 2 cups arugula
- 1 cup brown beans cooked and drained
- 8 cherry tomatoes halved
- ¾ purple onion to taste
- ½ cup carrots freshly grated
- 1 avocado
- 2-4 tablespoon lemon juice to taste
- 2 tablespoon extra virgin olive oil
- 2 tablespoon Greek yogurt
- 1 teaspoon cumin
- Himalayan salt to taste
- Pepper to taste

Instructions:
1. In a large salad bowl, combine the arugula, beans, red onion, tomatoes and grated carrots.
2. Pour the dressing over the salad and toss well to coat. Serve.

Save the Date National Cancer Survivors Day Celebration, Sunday June 5th 11am-12pm

Our virtual celebration will feature:
- Dr. Gomez
- Dr. Ang
- Katha Cato, Patient Speaker
- Meditation with Alice Fox
- Food Demonstration with Brittany DeLaurentis, RD
- Benediction by Michael Horton

We hope to see you there!

Meeting ID: 922 8571 0248

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