November is Caregiver Awareness Month and Lung Cancer Awareness Month. Please join us at our Lung Cancer Awareness Event on November 6th at Mount Sinai Hospital. Schedule your lung cancer screening on Nov 11th, National Lung Cancer Screening Day 1-844-672-8463. Join our monthly Lung Cancer support group on Nov 13th.

Please join our Caregiver support group on Nov 13th at 4pm. We hope to see you at The Write Treatment Anthology Vol. 2 book reading event at Union Square auditorium, on November 15th, meet the authors and copies of the incredible new volume will be available! Join us on November 15th 10-12pm at Chelsea location for a table event in recognition of World Kindness Day. Wishing everyone a Happy Thanksgiving!

Caregiver Support Group
Join us for a place to learn, reduce stress, and connect with other caregivers in the community
Beginning November 13, 2023
2nd and 4th Monday every month
4–5 PM
Online via Zoom ID # 948 9031 3570
or by phone (646) 876 - 9923
Facilitated by Social Work Interns
Madison Hankin & Haley Shea To learn more or RSVP, please reach out to
Madison Hankin at
Madison.Hankin@mountsinai.org or
(212) 523 -7194

Lung Cancer Awareness Month Event: Join Our Lung Cancer Experts
Join our Lung Cancer Experts and The American Lung Association to learn what you need to know about lung cancer and screening. Learn about the latest in lung cancer research, who qualifies for a screening. Tour the MEGA Lung! Talk with our lung cancer experts, genetic counselors, nutritionists, and social workers.

Monday, November 6th
8:00am-4:00pm
Mount Sinai Hospital Guggenheim Pavilion 1468 Madison Ave
Not going to be at this location, check out our tabling events at our other locations:
Mount Sinai Beth Israel – November 9th
Mount Sinai Brooklyn – November 14th
Mount Sinai Union Square – Nov 16th
Mount Sinai Morningside – November 21st
Mount Sinai West – November 28th
Center for Advanced Medicine – November 30th

The Write Treatment Anthology Vol 2 Book Launch & Reading
Please join us for a book reading from the new volume of the Write Treatment Anthology: The Pandemic Years. Listen to the talented authors read excerpts from their stories.

Wednesday, November 15th
3-4:30pm
10 Union Square East, NYC 10003
2nd Floor Auditorium
or listen through zoom
Webinar ID: 843 2935 1276
RSVP is not required. Inquiries contact write.treat@gmail.com no purchase necessary, but you can get your copy on Amazon:
HTTPS://A.CO/D/9GNYIAU P
Journaling and Writing Workshops

Join one or all of our variety of writing workshops via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written.

Writing Workshops meet Mondays
Nov 6 & 20

Journaling Workshops meet Wednesdays:
November 1, 8, 15, 22, 29
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**

Please email Alice Fox at alicebfox@gmail.com 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 at 1pm**
**November 6, 13, 20, & 27**

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

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

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**

*No class Nov 23*

Please email jerrysnee@msn.com for more info.

Mezzanine Classroom or via Zoom Meeting
Zoom Meeting ID: 914 5364 7590
Zoom Passcode: jccyogamen

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

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, November 30th**
**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
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 in the Small Conference (Room N-02).

Wednesday, November 15th at 11:00am-12:00pm
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

Cedar Club: Chinese-Speaking Cancer Patients Support Group
Join us for a discussion about stress management skills.
How can we cope with stress?
How to balance work, family, and personal life?
Meet people with similar experiences. Let us support each other!

Tuesday, November 14, 2:00 PM - 3:00 PM
To join via computer:
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9928.
Meeting ID: 742-587-5532
For more info contact: Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095
To know more info, please contact Emma Mi Zhou, LCSW or telephone 212-604-6095

Radiating Strength: A Radiation Oncology Peer Support Group
Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment. We will meet every other Tuesday starting on Oct 3.

Tuesday, November 14 & 28
2:00-3:00pm
RSVP and Zoom Information: Mariam.rahayab@mountsinai.org 929-837-1119

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 Tuesday.

Tuesdays at 12pm
For Zoom Information and to RSVP please contact
Oscar.Duran@mountsinai.org, 212-824-9273

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 November 2nd
at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, November 16th at 5:30pm
To join the groups email:
Kat Safavi, LCSW
Kat.safavi@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, November 13th
12:15-1:30pm
RSVP and Zoom Information: Mae.Ryan@mountsinai.org

Questions about Programming? Email Alison.snow@mountsinai.org
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 Monday of the month from 1:00-2:00pm

Monday, November 6th, 1:00-2:00PM

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

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 Tuesday evening.

Tuesday, November 14th 6-7pm
Wednesday, November 29th 12-1 pm

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

Multiple Myeloma Mindful Journaling Group

Join us in a creative and therapeutic process of mindful journaling. 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. No experience required.

Every first Tuesday of the Month, 4-5pm

Tuesday, November 7th 4-5pm

For more information or to RSVP, Facilitated by Rachel Wangler, LMSW
(212) 824-8759/
rachel.wangler@mountsinai.org

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.

Martes, Nov 28th 5:30-6:30pm

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

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 Wednesday of the month, 4:00-5:00pm.

Wednesday, November 22nd, 4:00pm

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

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.

Wednesday, November 8th, 5:30pm

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

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

Celebrate 20 Years with us Live!

The Healing Power of Friendship & Connection with Dr. Kelli Harding for an uplifting conversation about the transformative power of kindness and friendship on our mental, emotional, and physical wellbeing. Dr. Irwin Epstein. He will discuss lessons about friendship from the book he wrote while serving as carer for his wife Fran.

**Saturday, November 4th**  
10:00-12:30 pm  
Saint Jean Baptiste School 173 East  
75th Street  
Brunch will be served  

RSVP by October 30th womantowoman@mountsinai.org or 212-241-3793 If you are not comfortable attending live, please join virtually via YouTube. Masks welcome but not required.

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**Woman to Woman: Optimizing Cognitive Health:**  
Empowered through Evidence with Dr. Michelle Loy

Join nationally recognized physician Dr. Michelle Loy MD, DipABOIM, DipABLM, DABMA, FAAP who will discuss optimizing cognitive health. In this hour-long discussion Dr. Loy will cover dietary patterns, lessons from the blue zones, role of exercise, supplements, outdoor time and resources.

**Wednesday, November 8th**  
12-1pm  
Meeting ID: 757 176 6991/ Call in- 646-558-8656

**Woman to Woman: BIPOC Women Navigating Gynecologic & Breast Cancer:**  
A patient support group for black, indigenous, and people of color (BIPOC)

In recognizing the unique experiences of women who identify as black, indigenous, people of color (BIPOC) with gynecologic or breast cancer, we created this group as a safe space for BIPOC women to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis. This group will focus on a specific theme/topic with space for BIPOC women to exchange stories of their experiences and leave with practical approaches to address their concerns and feel heard. Meetings will be facilitated in English, but for BIPOC women who speak languages other than English, please contact womantowoman@mountsinai.org or 212-241-3793.

**Monday, November 6th at 12pm**  
Meeting ID: 208 938 0884  
Call in - 929-205-6099, 2089380884#

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**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 group Nov 22nd

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. Meets the third Monday of every month.

**Monday, November 20th**  
12:00-1:00pm

Meeting ID: 208 938 0884  
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, November 14th**  
12:00-1:15pm

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

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Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Woman to Woman: The Creative Center & New Museum**

Join New Museum Teaching Artist Rosed Serrano as she leads us through major exhibition highlights of the much-anticipated exhibition “Judy Chicago: Herstory.” Take a closer look at six decades of the artist’s work

**Wednesday, November 29th at 12pm**

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**Thriving with Woman to Woman: A New Series**

The purpose of this new monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. The first session will focus on mental fitness and feature Trish Walden, she established A Positive Life, LLC, a coaching and consulting practice utilizing the principles of positive psychology and mental fitness. Meets the fourth Tuesday of every month.

**Tuesday, November 28th 12pm**

Meeting ID: 208 938 0884
Call in # 929-205-6099

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**Women to Woman: Crystal Energy Healing - A TEAL/W2W Collaboration**

Join T.E.A.L® and Woman to Woman for a virtual workshop of empowerment, healing, and connection. Whether you’re currently on your cancer journey or have already overcome it, this workshop is designed to support and uplift you. Embrace the power of crystal energy and the strength of community as you thrive on your path to wellness. Those who register by November 3rd will receive a free crystal for their participation in the workshop!

Please visit https://telleveryamazinglady.org/programs/workshops/workshops-rsvp/ for more information and to register.

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**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, November 16th at 6pm**

If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org

https://latina.sharecancersupport.org/cancer-de-seno/grupos-de-aypoyo-para-mujeres-con-cancer-de-seno-o-de-ovario/

Todos podran registrarse llamando al 0 212 221-1750

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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. Nov Book: Jilian’s Pick: The Silent Patient by Alex Michaelides

**November 29th at 7:00pm**

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

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**Woman to Woman: Breathwork & Healing 3 Session Series**

There are many different breathwork styles and techniques that can help in various areas of life such as mental, physical, social, emotional and spiritual. Breathwork is known to regulate your nervous system to help relieve stress, anxiety, fears and process emotions. In all stages of the cancer process including testing, diagnosis, treatment, recovery, follow up care, etc, breathwork can help. By using the breath to cope with the anxiety, fear, pain, and daily struggles of a cancer diagnosis, we can help overcome the thoughts, emotions and feelings that come with the journey. This three session educational and experiential series will be led by Dean Cramp, owner of Transcend Healing and Breathwork LLC, certified breathwork facilitator, sound healer and life coach. For more information: www.healingandbreathwork.com

**Thursdays: 11/9 at Noon, 11/16 at Noon, 11/30 at 2 pm (NOT NOON)**

(Can attend one, two, or three sessions)

Join Zoom Meeting ID: 208 938 0884
One tap mobile: +19292056099

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Questions about W2W Programming? 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, 5:45-6:45pm**
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

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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,
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

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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
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

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

**Thursday, Nov 16th 6:30-7:30pm**
For more information and zoom link please call Jessica Kreitman 212-241-8765

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**Young Adult Breast Cancer Support Group**
Members will be able to share their experiences and emotions in a non-judgmental space, fostering within the group a sense of community that can be difficult to find elsewhere. This virtual group is open to patients ages 20-early 50s and at all stages of disease, including survivorship, are welcome.

**Wednesday, November 1st 6:30-7:30pm**
RSVP and receive zoom info call 212-241-7748

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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 & Thursdays 10-12pm**
Email oncologymassage@mmjccm.org or call 646.467.9239 for details.

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

Join this virtual restorative yoga class with Sammi Ahmen, a survivor. Yoga may help you alleviate some of the symptoms associated with cancer and its treatments. No yoga experience is needed. All levels are welcome.

"Yoga is the journey of the self, through the self, to the self. -Bhagavad Gita

To RSVP and for more information: Ebtesam.Ahmed@mountsinai.org
Zoom Meeting ID: 88910722187

**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 csseven@mountsinai.org*

**Thursdays, 1:00-2:00PM**
**Virtual**

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

**Post-Treatment Survivorship Support Group**

Join us for a place to learn, share experiences, and connect with other cancer survivors. The 1st and 3rd Friday of the month, beginning on Nov 17th. Co-facilitated by Rachel Brenner, SWI & Mollie Sailor, SWI.

**Friday, November 17th & 12pm-1pm**

Zoom Meeting ID: 742 587 5532
To learn more, please reach out to Rachel Brenner at Rachel.brenner@mountsinai.org

**Red Door Community Programming**

The Red Door Community is a free cancer support community. They offer free 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/
www.reddoorcommunity.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
Zentangles: Beyond the Basics Online with the JCC
Join instructors and certified Zentangle teachers Kathy Shapiro + Sarah Reading to 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 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: Nov 3, 10
11:30-12:30pm
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.

Zentangle Therapeutic Doodling online with the JCC
Zentangle is easy-to-learn, relaxing, and fun. Drawing patterns, called tangles, allows you to focus, get lost in repetition, all while creating beautiful Zentangle art. The main goal is to relax your mind, relieve stress and achieve a meditative state. Bring unlined white paper, a fine-tipped black pen, pencil, and a paper smudger or cotton swab (for shading). A cup of tea is optional.

Tues, Nov 7, 24, 31 & Nov 7, 14
1:30-2:45pm
Free for those being tested or treated for cancer. Please contact Registration by email at boxoffice@mmjccm.org for additional information.

Restful Nights: Calm the Mind with Yoga + Qi Gong online with the JCC
Virtual. Slow, flowing qi gong movements are a great way to calm your mind, relax your body, and prepare for a restful night of sleep. These gentle movements and breathing exercises calm your mind, helping you to feel more centered and at peace so you are ready to enjoy the benefits of a good night’s sleep or a healthy nap.
Instructor: Michele Sapanaro, RYT, Certified Qi Gong Instructor

Monday, November 13th & 27th, 6-7:15pm
Free for those being tested or treated for cancer.
Please email the registration department at boxoffice@mmjccm.org or call at 646-505-5708.

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
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

Nia Moving to Heal for Women Living with Cancer Virtual with the JCC
Nia is a holistic workout for the mind, body, and soul that incorporates elements from martial arts, dance, and relaxation techniques. Learn to slow down and personalize movements for your own body, while focusing on feeling better. While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation. Join Caroline Kohles for Nia!

Tuesdays at 4:15-5:15 PM
In order to get the 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.

Meeting ID: 942 4397 1448
Password: meditation
Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information.
**Yoga for Cancer Care Hybrid with the JCC**
Allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften as you improve well-being, feel better and regain and maintain your center. Gentle postures, relaxation and meditation will be incorporated into this class. No prior yoga experience is needed.
While anyone impacted by cancer is welcome, class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Whitney Chapman

**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.

**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

**Healing Yoga For Women Living with Cancer Hybrid with the JCC**
Utilizing the breath to slow the mind allows the body to relax and rejuvenate, tapping into the body’s ability to promote healing. In this healing yoga class, we will gently stretch the body to open into yoga postures that soothe and strengthen. Working with classic yoga postures designed to support the body through treatment and beyond, this practice will create calm and centeredness.
While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Jerry Snee, Certified Yoga Instructor

**Yoga4Cancer Online with the JCC**
Yoga4Cancer is designed to help those living with cancer manage treatment side effects and speed recovery through an evidence-based oncology yoga program. Yoga4Cancer builds strength and mobility in safe ways in order to stimulate the immune system and build bone density while detoxing the body and cultivating a sense of well-being.
While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.
Join Leora Leung, certified Yoga4Cancer instructor

**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

**Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org**

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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. 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**
*No Class Nov 23

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 impacted by side effects of breast cancer surgery, chemo, and radiation. Exercise increases energy levels, boosts immunity, helps with weight management and eases symptoms of chronic illnesses! 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**
Join Ana Leon Bella, Tatiana Valencia + Martha Eddy for this gentle cardio workout. Moving for Life is a light cardio workout that addresses fatigue and lymphedema, increases flexibility and promotes weight management.
While anyone impacted by cancer is welcome, this class is tailored to restoring upper body movement impacted by the side effects of breast cancer surgery, chemo and radiation.

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

**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/3eJyZB](https://bit.ly/3eJyZB).

If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact sasachreativecenter@nyhc.gov or cibeslev@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

**Vegetable of the Month: Fennel**

Fennel can be used as a vegetable, herb or spice. It is often praised for its health benefits and attributes to longevity and vitality. Why eat fennel?

It is an excellent source of Vitamin C and a great antioxidant. It is a good source of fiber which can help reduce cholesterol levels.

Try including fennel in your cooking this month!

**Sound Bowl Healing in person with the JCC**

Sound and vibration therapy is one of the most transformative ways to shift the body at the cellular level. Enjoy the gentle, soothing tones of singing bowls and experience how they open the flow of energy by touching every part of the physical, emotional, mental, and spiritual bodies.

**Monday, November 27th** 6:45-8:00pm

Presenter: Christine Dimmick, Founder

Good Home, Author, Breast Cancer Survivor

Free for those being tested or treated for cancer please email our registration department at boxoffice@mmjccm.org or give them a call at 646-679-5884.

**Karpas Health: Changes to Medicare in 2024**

2024 is a year of change for Medicare. Learn the latest information on Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage and Medicare Part D, along with programs that help with Medicare costs – Extra Help/LIS, EPIC and the Medicare Savings Programs. There will also be an opportunity to get Medicare questions answered.

Instructor: Gilbert Kunken, DMD, MPH, Medicare Consultant, Health Insurance Information Counseling & Assistance Program (HIICAP), NYC Department for the Aging

**November 20th 2-3:30pm**

Meeting ID: 942 4015 7842 Passcode: 752901 Dial In: 646-876-9923

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

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