

# Dubin Breast Center and Breast Health Resource Program Calendar



## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Yoga*: 6:15-7:15PM	4 Walking Group: 10:00AM – 11:00AM Meditation*: 6:00 – 6:45PM	5	6
9	10 Yoga*: 6:15-7:15PM	11 Walking Group: 10:00AM – 11:00AM Meditation*: 6:00 – 6:45PM	12	13
16	17 Yoga*: 6:15-7:15PM	18 Walking Group: 10:00AM – 11:00AM Farmer's Market Tour*: 12:00-1:00PM Meditation*: 6:00 – 6:45PM	19	20
23	24 Yoga*: 6:15-7:15PM	25 Walking Group: 10:00AM – 11:00AM Meditation*: 6:00 – 6:45PM	26 Grocery Store Tour*: 5:00-6:00PM	27
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### Program and Contact Information:

**Breast Health Resource Program (BHRP) Groups, Writing Retreat:** 212-241-7748

**Walking Group:** Kelly Hogan: 212-241-0741

**Yoga, Pilates, Nutrition & Wellness, Meals Made Easy, Grocery Store Tours:** Kelly Hogan:  
212-241-0741

\*These programs require pre-registration.

**Psychology Services:** 212-241-3300, option 4

**Massage Therapy:** Jennifer Ashton: 212-241-3300 option 4; jennifer.ashton@mountsinai.org

**Nutrition Appointments:** 212-241-0741

**Social Work/Breast Health Resource Program:** 212-241-7748

**Gilda's Club Events:** 212-241-7748

<http://www.mountsinai.org/patient-care/service-areas/cancer/cancer-services/dubin-breast-center>

**Yoga:** Dubin has partnered with yoga4cancer to offer our patients free yoga classes. Email Kelly Hogan, MS, RD, CDN to register: kelly.hogan@mountsinai.org.

**Meditation:** Dubin has partnered with a certified meditation instructor to offer our patients free yoga classes. Email Kelly Hogan, MS, RD, CDN to register: [kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org).

**Dubin Schmoozin':** A fun-loving support group, facilitated by Social Work. Registration is not required.

**Young Women's Group:** This group offers support for women who have been diagnosed with breast cancer under the age of 40. Jennifer Echelman, LMSW, facilitates. Call BHRP to register.

**Nutrition and Wellness:** A group led by our nutritionist that focuses on strategies and support for health-promoting behaviors. Contact Kelly Hogan, MS, RD, CDN ([kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)) to register.

**Meals Made Easy:** Meal preparation classes led by our nutritionist that focuses on preparing an easy, healthy meal from start to finish. Great for all levels! Contact Kelly Hogan, MS, RD, CDN ([kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)) to register.

**Grocery Store Tours:** This group, limited to 3-5 attendees, is led by our nutritionist and takes place at a local grocery store, focusing on everything from label reading, creating a healthy shopping list and how to choose and prepare healthy meals. Contact Kelly Hogan, MS, RD, CDN ([kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)) to register.

**Kids Count Too:** The Breast Health Resource Program social workers offer help in communicating with children. Contact BHRP for more information.

**Psychology Services:** Dubin psychologists offer clinical services to help patients manage pain, illness, and stress and to promote wellness, comfort, and healing. Call the Dubin Breast Center to schedule an appointment.

**Massage Therapy Program:** The Dubin Breast Center offers complementary massage from licensed massage therapists. For more information, contact Jennifer Ashton, 212-241-3300 option 4; [jennifer.ashton@mountsinai.org](mailto:jennifer.ashton@mountsinai.org)

**Social Work/Breast Health Resource Program:** The social workers of BHRP are dedicated to assisting patients with the emotional and practical needs of a breast cancer diagnosis. BHRP also offers support services for friends and family. To meet with a social worker or to get more information, contact BHRP.

**Nutrition Consultations:** Dubin offers complementary, individualized nutrition consultations for our patients to assist in the lifestyle changes that may come with a breast cancer diagnosis. Contact Kelly Hogan, MS, RD, CDN (212-241-0741, [kelly.hogan@mountsinai.org](mailto:kelly.hogan@mountsinai.org)) to schedule an appointment.