July is UV Safety Awareness Month, the CDC recommends: staying in the shade, wear protective clothing, use sunscreen, and wear sunglasses to safeguard yourself from UV exposure. We hope you will join our Meditation for Mental Well-Being session on Monday, July 22nd at 11am. Join Woman to Woman and Nancy Bourque, LCSW to learn ways to incorporate Cognitive Behavioral Techniques into your everyday life on July 17th at 12pm. We hope to see you at one of our exciting July programs!

**Woman to Woman: Learn to Recognize and Free Yourself from Negative Thought Traps with Nancy Bourque, LCSW**

As a person going through cancer treatment, it is common and quite easy to slip into negative thought traps. “My scan will definitely come back poorly.” “I have a stomachache, that must mean my cancer is back.” “Friends aren’t checking in with me because they don’t want to hear about my cancer anymore.” Cognitive Behavioral Therapy (CBT) techniques help us examine our thoughts in a new way and helps us live a more positive life. Join us for a session with Nancy Bourque, LCSW as she shares how CBT can be used in your everyday life.


Join us for a workshop given by Dr. Chi Wai Wong and Dorothy Wong, DAOM. 郭智偉醫生和Dorothy Wong 醫生的講座！Join us for a discussion about how acupuncture and Chinese medicine can help cancer patients improve quality of life. 和我們一起討論針灸和中醫可以怎樣提高癌症患者的生活質量。

**Meditation for Mental Well-Being**

Join Alice Fox for this special healing meditation session. This meditation session is also open to caregivers. Meditation can give you a sense of calm and peace, which can benefit your emotional well-being.

**Wednesday, July 17 12-1pm**

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

Please email Alice Fox at alicebfox@gmail to register for the zoom link.
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
July 8 & 22
Journaling Workshops meet: Wednesdays: June 3,17,24,31
*No group July 10
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
Wednesdays.
Learn to connect and enjoy a sense of inner peace and let go of stress. We can learn to heal our minds, while healing our bodies

11:00-12:00PM
*No group July 24th or 31st
Please email Alice Fox at alicebox@gmail.com to register for the zoom link.

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.

Wednesdays 3:00-4:30pm
Please email jerrysnee@msn.com for more info.
Makom Classroom or via Zoom Meeting
Meeting ID: 860 3585 6126
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, July 25th
2-3pm
To RSVP for the group, discuss additional availability and information please contact Mary Vu, LGSW at mary.vu@mountsinai.org OR 347-920-7634

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 csevents@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/3ceJyZB

If you are receiving treatment at Ruttenberg Treatment Center and are interested in individual art sessions in-person, please contact saschacreativecenter@mynyc@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
**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. Hybrid group (1176 5th Ave 1st floor conference room).

**Monday, July 8th 12:15-1:30pm**
RSVP and Zoom Information: Mae.Ryan@mountsinai.org or 646-942-6034

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**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 Main Conference Room.

**Wednesday, July 10th 11:00am-12:00pm**
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

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**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 11th at 1:00pm-2:00pm**
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

**Thursday, July 18th at 5:30pm**
To join the groups email: Kat Safavi, LCSW
Kat.safavi@mountsinai.org

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**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/

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**“Why should I eat in-season fruits and vegetables?”**
What fruits and vegetables are currently in-season?
- The summer is a great time to look for local and in-season fruits and vegetables! Some examples of fruits that are in-season: berries (strawberries, raspberries, blueberries, blackberries), peaches, plums, melons, cherries, etc. Some examples of vegetables that are or will be in-season: tomatoes, zucchini, bell peppers, corn, eggplant, asparagus, sugar snap peas, string beans, etc.

**Why should I try to eat more in-season produce?**
- Choosing in-season produce is typically a financially conscious decision!
- Local, in-season produce is packed with nutrients and flavor since they are picked at their prime and do not have travel far to your local stores!
- Try looking for in-season produce at your grocery store or even a farmer’s market.

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team. @MSHScancersupportiveservices
**Young Adult Virtual Support Group for Gastrointestinal Cancer Patients**

This is a drop-in group for individuals ages 20-35 who have been diagnosed with a gastrointestinal cancer. The group is a place to share, connect, and learn from others in a supportive atmosphere.

**July 25th**
2-3pm

Facilitators: Jessica Waldman, LCSW & Jill Dovale, LMSW, RSVP to get the Zoom link: gioncsw@mountsinai.org

**Radiating Strength: A Radiation Oncology Peer Support Group - Virtual**

Join this peer support group facilitated by an oncology social worker focusing on building mutual aid and healing emotionally from radiation treatment.

**Tuesday, July 2nd**
3-4pm

RSVP and Information: Marium.rahayab@mountsinai.org or call 929-837-1119 or Rebecca Goldstein, LCSW 347-880-5358

**Caregiver Support Group**

This is a drop-in group for individuals 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.

Support for Caregivers: 3rd Tuesday of the Month

**July 16th 12-1pm**

Prior to attending this group, please RSVP. to receive Zoom information, please contact Oscar.duran@mountsinai.org

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**Road to Resilience**

A virtual group for people in recovery or actively using substances to process experiences and get support from one another while navigating cancer. This group is led by Oncology social workers and will meet virtually on the second Wednesday of each month.

**July 9th**
2-3pm

For the zoom link information please contact: Mariam 929-837-1119 or Rebecca Goldstein, LCSW 347-880-5358

**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 carly.abramson@mountsinai.org

**The Dual Role of Patient & Parent: Support Group for Patients with a Blood Cancer Who Have Children**

Join us for this new support group in collaboration with the Leukemia & Lymphoma Society for patients with blood cancer who have children age 18 and under. The group will meet virtually the first Tuesday of every month 4-5pm.

**July 2nd**
4-5pm

To register for the link contact 1-800-955-4572

Questions about Programming? Email carly.abramson@mountsinai.org
Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

**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 of the month.

**Multiple Myeloma Support Group**
Join a support group for patients living with Multiple Myeloma to connect, share, and support one another. Facilitated by licensed myeloma social workers.

**Thursday, July 11th at 3pm**
For more information and zoom link, please contact (212)824-8759
MMsocialwork@mountsinai.org

**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.
Meets 1st & 3rd Tuesday of the Month

**Tuesday, July 2nd & 16th 4-5pm**
For more information or to RSVP, Facilitated by Rachel Wangler, LMSW (212) 824-8759/ rachel.wangler@mountsinai.org

**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. The group meets the 2nd Wednesday of each month.

**Wednesday, July 10th, 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

**BIPOC Multiple Myeloma Support Group: "One Day at a Time, Together"**
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, July 24th 4:00pm**
RSVP and Zoom Information: YuMee.song@mountsinai.org (212) 824-8771

**Post-Allogeneic BMT Support Group**
If you had an allogenic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant. " Every first Wednesday of each month 1-2pm

**Wednesday, July 3rd 1:00-2:00PM**
RSVP and Zoom Information: Ryan.Dritz@mountsinai.org

Questions about Programming? Email carly.abramson@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 are ALL virtual, online via Zoom. Once you sign up for a class, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time.

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

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**Dubin Zoom Meditation for Breast Cancer Patients**

Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

**Wednesdays, 6:00-6:45pm**

RSVP for the Zoom information or for more information please contact DubinNutritionist@mountsinai.org

*These programs are ALL virtual, online via Zoom. Once you sign up for a class, 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 led by Melissa Miles, focused for patients with breast cancer.

**Thursdays, 5:00-6:00pm**

RSVP for the Zoom information or for more information please contact, DubinNutritionist@mountsinai.org

*These programs are ALL virtual, online via Zoom. Once you sign up for a class, 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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**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. be First Tuesday of the month at 1:30 PM.

**Tuesday, July 2nd at 1:30 & Thursday, July 18th at 6:30pm**

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. Group meets the first Wednesday of the month.

**Wednesday, July 3rd 6:30-7:30pm**

RSVP and receive zoom info call 212-241-7748

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**Dubin Schmoozin in person**

Join us as we craft courage in a supportive space where art becomes a therapeutic tool for expression and resilience. Breast cancer patients of all ages and stages are welcome. The group meets on the second Wednesday of the Month in the Dubin Breast Center: 1176 5th Avenue New York, NY

**Wednesday, July 10th 1:30-2:30pm**

For more information call 212-241-7748

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Questions about Programming? Email jessica.kreitman@mountsinai.org
Woman to Woman: Spirituality Group

Meet the third Thursday at 10am

Led by board certified interfaith chaplain, Karen Terry, the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. This group is open to anyone impacted by cancer.

**Thursday, July 18th 10am**
Please contact Chaplain Karen Terry at Karen.terry@mountsinai.org or 212-824-8129 with questions.
Zoom Meeting ID: 978 6019 0373
Call in: 646-931-3860

Woman to Woman: Book Club

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. 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.

Yvette's pick! The Museum of Failures by Thrity Umrigar

**Wednesday, July 31st 7pm**
Meeting ID: 757 176 6991/ Call in: 646-558-8656

Women of Color Navigating Gynecologic and Breast Cancer: A support group for patients who identify as black, indigenous, or people of color (BIPOC)

In recognizing the unique experiences of women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer, we created this group as a space for women to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis.

**Monday, July 1st at Noon**

Meet the first Monday of every month

Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer 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.

Meeting ID: 208 938 0884

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

**Wednesdays, 12:00-1:00 pm**
*Not meeting on July 3*

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

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 9th 12-1:15pm**

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

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Woman to Woman: Monday Morning Mindfulness**

Join us Monday mornings of gentle and empowering 20-minute mindfulness meditations. Together, let’s cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment.

Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years.

**Mondays**

10-10:20am

Meeting ID: 416 883 2533

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**Woman to Woman: Understanding Imaging for Gynecologic Cancer with Mallory Lit, BSN, MSN, ANP-C, AOCNP-BC**

Mallory Lit, a gynecology oncology Clinical Program Manager and nurse practitioner will provide a basic understanding of the certain imaging tests your doctor may order, why they are important, and how the results may impact your surgery and/or treatment.

**Wednesday, July 10th**

12pm

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

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**Woman to Woman: What to Read/Watch/Listen to This Summer**

Join us to connect and share recommendations of our favorite books, must-see television shows and movies, can’t-miss podcasts and more. Crowdsourced ideas about how to stay entertained this summer from your fellow Woman to Woman community members. We will put suggestions in real time into a shared document that will be distributed to attendees after this session. Come prepared to share your recommendations! If you aren’t able to attend the session but would like the list, please email womantowoman@mountsinai.org.

**Tuesday, July 30th at 12pm**

Meeting ID: 208 938 0884

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**Thriving with Woman to Woman**

The purpose of this monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. Navigating a cancer diagnosis and survivorship can feel like a full-time job. It can easily overtake your life and be the lens through which you view all of your experiences and interactions. Co-led by Audrey Carlson, Woman to Woman volunteer and founder of the Hartford Happiness Club, this group will alternate esteemed guest speakers with topic-driven interactive exercises to help participants learn how to achieve balance so you can not just survive, but thrive. Meets the 4th Tuesday of the month.

**Tuesday, July 23rd at 12pm**

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

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**Gentle Yoga + Music to Awaken Love Within Online with the JCC**

Experience the sounds and vibrations of healing harp music played live on zoom. Breathe into restorative yoga postures to relax your body, calm your mind, and gently open your heart to the love within.

**Monday, July 22**

6:15-7:30pm

Presenters: Whitney Chapman + Amy Camie

Please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.

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**Rooftop Nia Party in person at the JCC**

Experience Nia—a beautiful blend of dance, martial arts, and yoga—on the JCC rooftop. All levels welcome.

Presenter: Caroline Kohles and Friends

**Tuesday, July 23**

6:15-7:30pm

Please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.

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Questions about W2W Programming? Email womantowoman@mountsinai.org.
**Come to Your Senses Forest Bathing and Meditative Walking in Person with the JCC**

Forest Bathing is a meditative walk in nature for enjoyment and health. Slow down, allow your senses to connect to the land, and notice how you feel as you walk, shifting from your thinking mind to an expanded experience of all your senses. Feel a connection with all of nature: the air, animals, plants, rocks, soil, sun, wind, and more. We will use teachings from varied multi-cultural, spiritual traditions as meditative prompts to enhance nature’s inner and outer experiences as we contemplate sensory and subtle elements and savor stillness.

**Thursday, July 18 6:15-8:15pm**

Presenters: Lori Klamner (Certified Forest Therapy Guide) • Sheila Lewis (Meditation Teacher)

Please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.

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**Gentle Water Aerobics for Women Living with Cancer at the JCC**

Join Velia Hoffman for gentle exercise class. Gentle 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. The class takes place on site at the JCC in the training pool and is limited to 12 participants.

**Tuesdays:**

**10:00-11:00am**

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 open to all cancer survivors with the knowledge that they are not marketed to be a complete body work out. Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org/ 646-505-5708

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**Restful Naps: Calm the Mind + Improve Sleep with Yoga & Qi Gong online with the JCC**

Slow, flowing qi gong movements are a great way to calm your mind, relax your body, and prepare for a restful night of sleep. Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. 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.

**Monday, July 8, 6-7:15pm**

**Monday July 15, 22 & 29 1:30-2:45**

**Instructor:** Michele Sapanaro, RYT Certified Qi Gong Instructor

Free for those being tested or treated for cancer at Breast link New York or elsewhere. Please email the box office at mmjccjcc.org if you do not receive the link.

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**Nia Moving to Heal for Women Living with Cancer Hybrid 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.

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**Daily Drop in Facilitated Meditation Hybrid with the JCC**

Daily Drop-In Meditation (hybrid) Activate peace and calm whether you’re brand new to meditation or an experienced practitioner, all are welcome. Meditation will continue on Zoom with select dates also held in person (there will always be a virtual option).

**Mornings:** Mon–Fri, 7:30–8:30 am

**Evenings:** Mon–Thurs 5:45-6:45pm

Meeting ID: 942 4397 1448

Password: meditation

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

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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.

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Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**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 density while detoxing the body and cultivating calm and centeredness.

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. In order to get the new Zoom link for this class, please go to [http://www.mmjccm.org/cancer-care](http://www.mmjccm.org/cancer-care).

**Healing Yoga For Women Impacted by Breast or Ovarian 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

**Thursdays, 6:45-8:00pm**

*No Class July 4th

In person room Mezzanine Classroom

In order to get the new Zoom link for this class, please go to [https://mmjccm.org/programs/healing-yoga-women-impacted-breast-or-ovarian-cancer](https://mmjccm.org/programs/healing-yoga-women-impacted-breast-or-ovarian-cancer).

**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](http://www.mmjccm.org/cancer-care).

**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 July 4th

In order to get the new Zoom link for this class, please go to [http://www.mmjccm.org/cancer-care](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**

**Saturdays at 11-12pm**

Please contact Registration by email at boxoffice@mmjccm.org

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 info.
Latina SHARE Support Group for Women with Breast & Ovarian cancer

Únete a Latina Share un grupo de apoyo en español para nuestros pacientes de Mount Sinai Cancer Center, diagnosticados con cáncer de mama o de ovario.

Miercoles, 17th de Julio
6pm
Para más información, preguntas o si desea registrarse, comuníquese al 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 212 221-1750

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.

El martes, 23 de Julio a las 5:30pm

Para mas informacion visite www.lls.org/metny or llamar al: 800-955-4572.
Dirigido por Charlotte McDermott, LMSW (212) 241-7868/la facilitadora del grupo charlotte.mcdermott@mountsinai.org

Talleres Mensuales en Espanol para Pacientes en Tratamientos Oncologicos

Este espacio es para conectar con pacientes en situaciones similares y recibir apoyo en la comunicación con el equipo médico. El taller es facilitado por una trabajadora social el último miércoles de cada mes.

Miércoles, 31 de Julio 4:00pm a 5:00 pm
https://mountsinai.zoom.us/j/98591887958
Meeting ID: 985 9188 7958
Mayor información contactar Beatriz Garcia: beatriz.garcia@mountsinai.org
Puedes unirte a la reunión llamando +1 646 876 9923 y a continuación, poniendo el meeting ID 985 9188 7958
Mayor información contactar Beatriz al 646-815-4148

Red Door Community Programming

Red Door community es una comunidad de apoyo para pacientes con cáncer. Esta comunidad ofrece conferencias y grupos de apoyo, incluyendo un grupo facilitado en español llamado “Amigos Unidos: Grupo de apoyo para pacientes con cáncer”.

Latina SHARE Support Group for Women with Breast & Ovarian cancer

Únete a Latina Share un grupo de apoyo en español para nuestros pacientes de Mount Sinai Cancer Center, diagnosticados con cáncer de mama o de ovario.

Miercoles, 17th de Julio
6pm
Para más información, preguntas o si desea registrarse, comuníquese al Jennie Santiago jsantiago@sharecancersupport.org
https://latina.sharecancersupport.org/cancer-de-seno/grupos-de-apoyo-para-mujeres-con-cancer-de-seno-o-de-ovario/
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Where No One Faces Cancer Alone

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