### Monday
- **1:00-2:00 Vocal Ensemble (MSC)**
- **1:00-2:00 Advocating for Yourself as You Age (MSUS)**
  - 2nd Floor
  - 3:00-4:00 Coffee Talk (MSC)
  - 6:30-8:30 Reiki (MSUS)
  - 6:30-8:00 Malecare Gay Men’s Prostate Group (MSUS)

### Tuesday
- **6:00-8:00 Renewal Pool & Exercise (Y)**
- **8:00-1:00 Art Therapy Group for Patients/Caregivers (MSC)**
  - 7:00-8:00 Sobriety & Cancer (MSUS)

### Wednesday
- **3:00-10:00 Renewal Pool & Exercise (Y)**
- **12:00-1:00 Art Therapy Group for Patients/Caregivers (MSC)**
  - 7:00-8:00 Sobriety & Cancer (MSUS)
  - 10:00-12:00 Guided Imagery (MSC)
  - 11:00-12:00 Meditation to Prepare for Surgery (MSC)
  - 1:00-2:00 Meditation (MSC)
  - 3:00-5:00 Journaling Workshop (MSC)
  - 3:15-4:45 Yoga for People with Cancer (MSC)
  - 6:00-7:30 Malecare Prostate Cancer Support Group (MSUS)
  - 6:00-7:00 SOS (MSUS)

### Thursday
- **10:00-12:30 Legal Health (MSC)**
  - 12:00-2:00 Knitting (MSUS) 4G-01
  - 12:00-1:00 Art Therapy Group for Patients/Caregivers (MSUS)
  - 4:00-5:00 Moving for Life Dance Exercise (MSC)

### Friday
- **11:00-12:00 T’ai Chi Chih® (MSC)**
  - 2:00-3:30 Yoga for People with Cancer (MSC)

### Support & Wellness Programs: November 2018

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<th>Monday</th>
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<td>8:30-10:00 Renewal Pool &amp; Exercise (Y)</td>
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<td>2:00-3:00 Hypnosis &amp; Guided Imagery to Prepare for Surgery (MSC)</td>
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<td>7:00-8:00 Sobriety &amp; Cancer (MSUS)</td>
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<td>12:00-1:00 Chemobrain Workshop (MSUS)</td>
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**For Further Information & Registration:**

Mount Sinai Union Square (MSUS) formerly PACC - 10 Union Square East 212-844-6022
The Blavatnik Family- Chelsea Medical Center at Mount Sinai (MSC) - 325 West 15th St. 212-367-1780
14th Street Y (Y) - 1st Ave. & 14th St. 212-780-0800
Karpas Health 212-420-4247 [https://www.karpashealth.org](https://www.karpashealth.org)
The Blavatnik Family- Chelsea Medical Center at Mount Sinai (MSC): 325 West 15th Street

Lung Cancer Awareness Event- Featuring Dr. Roeh “Advances in Lung Cancer Treatment: What a Difference a Year Can Make” & Chelsey Schneider, RD, CDN “Cancer Fighting Diet”, 11/29 1-2:30 main conference room RSVP Michelle Abraham, LCSW, 212-604-6098 michelle.abraham@mountsinai.org

Cook For Your Life: Easy & Nourishing Winter Recipes Nov 28-12:30pm Main Conference Room RSVP required Chelsey.schneider@mountsinai.org 212-604-6096 Join us for a hands on cooking class exploring how to create healthy cancer fighting recipes to start your day!

Patient & Caregiver Art Therapy Group: 12-1pm Tuesdays Main Conference Room H01 Learn to express and process your emotional experience using the therapeutic effects of art making for more info contact Niami.white@mountsinai.org

Coffee Talk: Mondays, 3:00pm-4pm Main Conference Room. Support Group for Women with Cancer. Pre-registration is required; please call Michelle Abraham, LCSW, 212-604-6098 michelle.abraham@mountsinai.org

Latina SHARE: 2:30-4:00. Estos grupos son facilitados por voluntarios eternados quienes han tenido una experiencia similar. Comparta información, experiencias, sentimientos y estrategias para aceptar y combatir asuntos negativos de la enfermedad. Para información, llame al 212-221-1626

Legal Health (NYLAG) Clinic: 3rd Thursday 10:00 am- 2:00 pm Monthly Medical Onc. Conference Room N02. Lawyers available for guidance. Appointments must be made in advance. RSVP to social worker

Look Good Feel Better: Alternating between MSUS Thurs 10-12pm 4th Fl & Chelsea Thurs 10am-12pm. Free workshop registration. Required. For either session call the American Cancer Society to register 1-800-227-2345 opt 1

Moving for Life: Dance Exercise for Cancer Recovery Thurs. 4pm-5pm main conference room area H H-01. For more Information: call Michelle Abraham LCSW 212 604-6098 or email michelle.abraham@mountsinai.org. Third Thursday of the month bilingual Spanish, English. Third Thursday of the month bilingual Mandarin

Moving for Life Workshop: Neuropathy Thurs Nov 29th 5-6pm Join Dr. Eddy for short lecture and interactive discussion and exercise to address neuropathy, RSVP Michelle Abraham 212-604-6098

Journaling Workshop: 3-5pm Rad Onc conf room, RSVP 212-844-8575 or email sandy.lansinger@mountsinai.org

Tai Chi Chih®: Fridays 11-12pm Main Conference Room weekly classes with a set of movements focused on the development of an intrinsic energy called Chi. Tai Chi Chih does not require particular level of physical fitness or coordination. To RSVP 212-844-8575 or email sandy.lansinger@mountsinai.org

Yoga for People with Cancer: 2:30pm Main Conf Room weekly yoga classes include gentle exercise combined with visualization to help you relax & revitalize; to RSVP 212-844-8575/email sandy.lansinger@mountsinai.org

Meditation: Wednesdays 1-2pm, check with front desk for conf room, Facilitated by Alice Fox, PA, for registration please email Michelle.abraham@mountsinai.org or call 212-604-6098

Using Hypnosis & Guided Imagery Techniques to Prepare for Surgery: 2-3pm Room H01. Facilitated by Nancy Bourque, LCSW 212-604-6097 for more information

Vocal Ensemble: Sing With Us: Mondays Main Conf Room, 1-2pm, open to anyone affected by cancer: patients, survivors, caregivers. Encouraging singers of all levels to sing share and enjoy their voice. RSVP not required, for more information please contact Andrew.rossetti@mountsinai.org

Embracing the New Normal: Conference Room N-02 Join us for a discussion around body image, relationships, learning how to accept changes as well as addressing emotional and physical concerns. RSVP (212) 604-6097 Nancy Bourque, LCSW, OSW-C & Nancy Roeklein, NP

Guided Imagery During Chemotherapy: Individual guided imagery is available in the infusion suite Wed 10am-12pm, for more information please contact 212-604-6097

Survivorship Lecture Series: How Reiki Can Help me During & Beyond Cancer Treatment: Main Conf Room Thurs Nov 15th 12-1pm, RSVP to Michelle Abraham, 212-605-6098 featuring Carmen Larino, Reiki Master, Living Light Reiki

Mount Sinai Union Square (MSUS): 10 Union Square East (formerly PACC)

Pancreatic Cancer Workshop: Nutrition, Relaxation & Q&A Nov 29th 1-2pm bagot conference room RSVP Brittnay.lawton@mountsinai.org 212-870-8171

Acupressure Workshop: Nov 29th 11-12pm learn from our licensed massage therapist how to better manage anxiety, pain, and sleep using targeted pressure points and massage RSVP Shannon.Morton@mountsinai.org 212-844-6072 Bagot Conference Room 4A

Patient & Caregiver Art Therapy Group: 12-1pm Thursdays Bagot Conf Room 4A Learn to express and process your emotional experience using the therapeutic effects of art making for more info contact Niami.white@mountsinai.org

Yoga for People with Cancer: Wednesdays, 3:15-4:45 pm, 2nd Floor conference room 1. For more information, please call 212-844-6022

Reiki: Living Light® Reiki Mondays, 6:30-8:30pm, 2nd Floor conference room 1 & 2. For more info, please call 201-280-5229. 2nd Mon of the month start time 7:30 pm. 4th Mon conf rm 3.

Chemobrain Workshop: Monthly Monday, 12:00pm-1:00pm, Bagot conference room 4A. Practical cognitive strategies & skills, regain control of memory & attention problems, lower stress during and after treatment. For more information, please call 212-844-8857—Please call for information about October, date not yet confirmed

LegalHealth (NYLAG): 1st Thursday, 9:30-12:30 Monthly Lawyers available for guidance. Appointments must be scheduled in advance. RSVP to social worker or call 212-844-6292

Renewal Pool Program: Tuesdays, 8:30am-10:00am, Y-1st Ave. & 14th St. A program for women with breast cancer that combines relaxation and gentle exercises in the studio and completes the program with Aquatic Exercises & Ai Chi in the pool. For more information, please call 212-844-6022

SOS- Stay Off Smoking Support Group: Wednesdays 6:00-7:00pm MSUS 4th Floor 4G-01. For more information, please call Ilene Alpert 212-844-1349

SPOHNC- Support for People with Oral Head and Neck Cancer: 4th Thursday of every month 5th Floor Conf Room B. For more information please call 212-844-8775

Sobriety & Cancer: Tuesdays, 7:00-8:00pm Bagot Conference Room 4A. Open AA meeting for survivors in sobriety cancer related. For more information please call 917-215-5480

Malecare Prostate Cancer Support Group: Wednesdays, 6-7:30pm, 2nd Floor Conference Room 3. For more information please call 212-673-4920

Malecare Gay Men’s Prostate Support Group: First Monday of the month, 6:30-8pm, 4A Bagot Conference Room For more information please call 212-673-4920

Malecare Advanced Prostate Cancer Support Group: Third Thursday of the month, 6:30-8pm, Bagot Conference Room 4A. For more information please call 212-673-4920

Knitting Circle: Thursdays 12-2pm For more information, please call Sandy Lansinger 212-844-8575 sandy.lansinger@mountsinai.org

Brain Tumor Support Group: 2nd Tues of the month 1-3pm 5K04 call Kat Safavi, LCSW Registration required 212-844-6922 presenters Elizabeth Kohan, NP & Dr Hadijimayais, group is open to newly diagnosed

Understanding Medicare 2019: Nov 8th 2:30-4:30pm Eric Hausman, Outreach Coordinator, Dept for the Aging, will present about latest choices and costs in Medicare 2019, he will provide the latest info on Medicare Part A, B, Medigap insurance, Medicare Advantage, Medicare Part D, EPIC & Medicare Savings Program Call 212-420-4247 www.karpashealth.org

Advocating for Yourself as You Age: Nov 8th 1-2pm Ryan DuBois, Associate Human Rights Specialist, NYC Commission on Human Rights, he will educate about the protection of NYC Human Rights Law and encourage, dialogue, understanding, and respect among many communities. Ryan will present steps on how to be your own advocate against ageism, sexism, racism, and disabilities. Call 212-420-4247 www.karpashealth.org