



Mount Sinai Union Square & The Blavatnik Family Chelsea Medical Center at Mount Sinai

SUPPORT & WELLNESS PROGRAMS: MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:00-12:00 T'ai Chi Chih® (MSC) 2:00-3:30Yoga for People with Cancer (MSC)
4 1:00-2:00 Vocal Ensemble (MSC) 6:30-8:00 Malecare Gay Men's Prostate Group (MSUS) 2 nd Fl Auditorium	5 8:30-10:00 Renewal Pool & Exercise (Y) 11:00-12:00 Embracing the New Normal (MSC) 7:00-8:00 Sobriety & Cancer (MSUS)	6 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 (MSUS) 5k-04 6:00-7:30 Malecare Prostate Cancer Support Group (MSUS) 2 nd fl 6:00-7:00 SOS (MSUS)	7 10:00-12:30 Legal Health (MSUS) 12:00-2:00 Knitting (MSUS) 4G-01 4:00-5:00 Moving for Life Dance Exercise (MSC) 5:30-6:30 Lymphedema Workshop (MSUS) 4A	8 11:00-12:00 T'ai Chi Chih® (MSC) 2:00-3:30Yoga for People with Cancer (MSC)
11 1:00-2:00 Vocal Ensemble (MSC) 7:00-9:00 Reiki (MSUS)2 nd Floor	12 8:30-10:00 Renewal Pool & Exercise (Y) 1:00-3:00 Brain Tumor Support Group (MSUS) 7:00-8:00 Sobriety & Cancer (MSUS)	13 10:00-12:00 Guided Imagery offered in the infusion suite (MSC) 1:00-2:00 Meditation (MSC) 3:00-5:00 Journaling Workshop (MSC) 3:15-4:45 Yoga for People with Cancer (MSUS) 5k-04 6:00-7:30 Malecare Prostate Cancer Support Group (MSUS) 2 nd fl 6:00-7:00 SOS (MSUS)	14 4:00-5:00 Moving for Life (MSC)	15 11:00-12:00 T'ai Chi Chih® (MSC) 2:00-3:30Yoga for People with Cancer (MSC)
18 10:00-11:00 Nutricion y Cancer Workshop (MSUS) 1:00-2:00 Vocal Ensemble (MSC) 7:00-9:00 Reiki (MSUS)2 nd Floor	19 8:30-10:00 Renewal Pool & Exercise (Y) 2:00-3:00 Hypnosis & Guided Imagery to Prepare for Surgery (MSC) 7:00-8:00 Sobriety & Cancer (MSUS)	20 3:00-5:00 Journaling Workshop (MSC) 3:15-4:45 Yoga for People with Cancer (MSUS) 2 nd fl 6:00-7:30 Malecare Prostate Cancer Support Group (MSUS) 2 nd fl 6:00-7:00 SOS (MSUS)	21 10:00-12:00 SW Month Table Event: Featuring CancerCare (MSC) 10:00-2:00 Legal Health (MSC) 12:00-2:00 Knitting (MSUS) 4G-01 2:30-4:00 LatinaSHARE Workshop: Deuda Medica Para Sobrevivientes (MSC) 4:00-5:00 Moving for Life (MSC) 6:30-8:00 Malecare Advanced Prostate Cancer Support Group (MSUS) 4 th Fl	22 11:00-12:00 T'ai Chi Chih® (MSC) 2:00-3:30Yoga for People with Cancer (MSC)
25 12:00-1:00 Chemobrain Workshop (MSUS) 1:00-2:00 Vocal Ensemble (MSC) 3:00-4:00Connect, Share, & Learn (MSC)	26 8:30-10:00 Renewal Pool & Exercise (Y) 7:00-8:00 Sobriety & Cancer (MSUS)	27 10:00-12:00 Guided Imagery offered in the infusion suite (MSC) 1:00-2:00 Meditation (MSC) 1:00-2:00 Online Caregiver Support Group 3:15-4:45 Yoga for People with Cancer (MSUS) 2 nd fl 6:00-7:30 Malecare Prostate Cancer Support Group (MSUS) 2 nd fl 6:00-7:00 SOS (MSUS)	28 12:00-2:00 Knitting (MSUS) 4G-01 2:00-4:00 SPOHNC (MSUS) 5 th Floor 4:00-5:00 Moving for Life-(MSC)	29 9:00-10:00 Brave Beauty Classes of Confidence (Sephora Union Square) 11:00-12:00 T'ai Chi Chih® (MSC) 2:00-3:30Yoga for People with Cancer (MSC)

For Further Information & Registration:

Mount Sinai Union Square (MSUS) *formerly PACC* – Cancer Supportive Services 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>

The Blavatnik Family- Chelsea Medical Center at Mount Sinai (MSC): 325 West 15th Street

Social Work Month Table Event: Featuring CancerCare: March 21st 10-12pm, Main Lobby, come learn about our support and wellness programs as well as CancerCare's programs and services

Connect, Share, & Learn: last Monday of month, 3:00pm-4pm Main Conference Room. Support Group for Men & Women with Cancer (Newly diagnosed, In-treatment, & Long-term survivors welcome). 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 etrenadas quienes han tenido una experiencia similar. Comparta informacion, experiencias, sentimientos y estrategias para aceptar y combatir aspetos negativos de la enfermedad. Para informacion, llame al 212-221-1626 March 21st Topic: Deuda Medica Para Sobrevivientes

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

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.

Moving for Life Workshop: Not meeting in March 5-6pm main conference room. For more Information: call Michelle Abraham LCSW 212 604-6098

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

T'ai 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: Fridays 2-3:30pm 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

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

Nutricion Y Cancer: Cada Bocado Cuenta! National Nutrition Month: March 18th 10-11am Bogart Conference Room, 4A RSVP Darren Arthur, LCSW 212-844-6292 Nutricion durante el tratamiento, alimentacion para prevenir la recurrencia

Classes for Confidence: Brave Beauty in the Face of Cancer at Sephora: 9-10am March 29th Skincare tips, color IQ, step-by-step instructions for creating a radiant complexion, natural looking brows and defined eyes 45 East 17th St Sephora Union Square, registration limited to 10 participants, call or email Shannon Morton, LMSW 212-844-6072 or

Shannon.morton@mountsinai.org

Online Caregiver Support Group: 4th Wednesday of the month, 1-2pm RSVP Brittany.lawton@mountsinai.org

Yoga for People with Cancer: Wednesdays, 3:15-4:45 pm, 2nd Floor conference room 1 in For more information, please call 212-844-6022 Note on March 6 & 13th class meets 5k-04

Reiki: Living Light™ Reiki Mondays, 6:30-8:30pm, 2nd Floor Conference rooms 1&2. 2nd Mon of the Month 7-9pm For more info, please call 201-280-5229, 2nd

Chemobrain Workshop: Monthly Monday, 12:00pm-1:00pm, Bogart conference room 4A. Practical cognitive strategies & skills, regain control of memory & attention problems, lower stress during and after treatment. For more information, please call 212-844-8575

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 Bogart 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 Bogart Conference Room For more information please call 212-673-4920

Malecare Advanced Prostate Cancer Support Group: Third Thursday of the month, 6:30-8pm, Bogart 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 Hadjipnayais, group is open to newly diagnosed

Lymphedema Workshop: March 7th 5:30-6:30pm Bogart 4A conference room, RSVP to Sandy.Lansinger@mountsinai.org 212-844-8575