<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td><strong>See reverse side under JCC for information regarding Saturday Moving for Life exercise class</strong>*</td>
<td>1:30-3:30 <strong>Sunday Nov 11th</strong> Natural Stress &amp; Anxiety Relief with Yoga (JCC)</td>
<td>7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC)</td>
<td>1 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 3:00-4:30 Yoga for Men (JCC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women Living with Breast or Ovarian Cancer (JCC) 6:45-7:15 Reiki and Self-Care: A Monthly Clinic (JCC)</td>
<td>2 7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)</td>
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<td>12 7:30-8:30 Meditation (JCC) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 7:00-8:30 Working w/ our Emotions in Meditation (JCC)</td>
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<td>14 7:30-8:30 Meditation (JCC) 12:00-1:00 Moving for Life (JCC) 2:30-4:30 Latina SHARE(MSSL) 5:45-6:45 Daily Meditation (JCC)</td>
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<td>19 7:30-8:30 Meditation (JCC) 11:00-12:00 Caregiver Workshop Part 1: Learn Mindfulness Meditation Techniques (WEST) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 7:00-8:30 Working w/ our Emotions in Meditation (JCC)</td>
<td>20 7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 6:30-7:30 Change your Habits, Change your Life Lecture (JCC)</td>
<td>21 7:30-8:30 Meditation (JCC) 12:00-1:00 Moving for Life (JCC)</td>
<td>22 <strong>Thanksgiving Hospital Holiday</strong></td>
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<td>26 7:30-8:30 Meditation (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-8:30 Working w/ our Emotions in Meditation (JCC)</td>
<td>27 7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-9:00 Get a Good Night’s Sleep (JCC) 7:00-8:00 Fight Fat After 40 (JCC)</td>
<td>28 7:30-8:30 Meditation (JCC) 12:00-1:00 Moving for Life (JCC) 5:45-6:45 Daily Meditation (JCC)</td>
<td>29 7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 11:00-12:00 Caregiver Workshop Part 2: Relax with Chair Yoga &amp; Meditation (WEST) 3:00-4:30 Yoga for Men (JCC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women Living with Breast or Ovarian Cancer (JCC)</td>
<td>30 7:30-8:30 Meditation (JCC)</td>
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**For Further Information & Registration:**

MSWEST (formerly Roosevelt)- 1000 10th Avenue 212-523-6454
JCC- 334 Amsterdam Ave. & 76th St. 646-505-4444
MSSL- Mount Sinai St. Luke's- 440 W 114th St. & Amsterdam
MSWEST - Mount Sinai WEST (formerly MS Roosevelt)- 1000 10th Avenue
Caregivers Awareness Month: Part 1: Learn Simple Mindfulness Techniques to help ease stress for patients and caregivers: Nov 19th Part 1 11am-12pm 14th Floor 14B Board Room Part 2: Relax with Chair Yoga & Meditation for Patients and Caregivers: Nov 29th 11am-12pm 14th Floor 14B Board Room RSVP Mary Vu, 212-523-7541/mary.vu@mountsinai.org
Leukemia, Lymphoma & Myeloma Support Group: Monthly 2nd Thurs of the month 6-7pm Winston Conference Room, for more info or to RSVP call 212-376-4656, refreshments will be served.

Weight Management: 2:00-3:00pm Learn how to eat healthy & lose weight. Fridays, lower level conf room Main Hospital, Registration required, RSVP Michele Weisberger, RD 212- 636-3068

Writing Workshop: Winston Conference Room, 1st floor Mondays, 3-5pm for more information or to RSVP contact Lori Schwartz, LCSW-R, OSW-C, 212-523-6454 or lori.schwartz@mountsinai.org

MSSL - Mount Sinai St. Luke’s - 114th St. & Amsterdam Ave
LatinaSHARE: Wednesdays 2:30-4:30 Muhlenberg Auditorium 4th Floor. Para información, llame al 212-221-1626 Support group in Spanish for women with Breast and Ovarian Cancer. Register 212-221-1626

Marlene Myerson JCC Manhattan- 334 Amsterdam Ave. & 76th St. For more information contact 646-717-9383 Please note programs listed with * are geared towards individuals recovering from breast surgery
Yoga for Men Who Are Cancer Survivors: Thursdays, 3-4:30pm for more information, contact 212-844-6022 for info or email jerrysnee@msn.com Makom Room 7th Floor
*Healing Yoga for Women with Breast or Ovarian Cancer: 6:45-8:00pm Thursdays, please call 646-717-9383 Mezzanine level
*Yoga+ Nia Brain + Body Fitness: 4-5:15pm Tuesdays for women with cancer increase stamina and strength, blend of dance, martial arts, and yoga Makom Room 7th Floor, please call 646-717-9383
*Aerobics: Moving for Life: Wednesdays, 12:00-1:00pm for more information, please call 646-717-9383 Makom Room 7th Floor
*Water Ai Chi Pool Program: A water exercise program for women living with cancer, Thursdays, 9:30am-10:30am please call 646-717-9383 Pool 6th floor
*Moving for Life: Gentle Cardio workout- Saturdays 11:00- 12:00 pm To register call 646-717-9383 ongoing Saturdays
Daily Instructed Meditation: Mon-Fri 7:30-8:30am & Mon-Thurs 5:45-6:45, drop in facilitated daily meditation, no registration necessary, 646-505-5726 Makom Rm 7th Fl
*Cancer Support Massage: Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post treatment and/or surgery. A prescription is required. Some medical insurance coverage is applicable for massage; please consult your insurance carrier to see if you qualify.
Please note that you will be charged for your scheduled massage unless canceled due to medical emergency. Tuesdays & Thursdays through mid-January, 10am-3pm 65$ per session. Call 646-505-5716 to schedule a massage.

Get A Good Night’s Sleep: Tue, Nov 27th 7-9pm $18/$20 Bernice Todres has been helping people use the techniques of mindfulness meditation to address this critical issue for many years. 646-505-5728 to register or visit jccmanhattan.org/cancer-care *50% off for those being tested of treated for cancer. Please note you will be charged a cancellation fee if you do not notify within 48 hours that you are not attending.

Natural Stress and Anxiety Relief with Yoga: Sun Nov 11th 1:30-3:30pm $35/$45 646-505-5728 to register or visit jccmanhattan.org/cancer-care. Join Sylvie Barthelemy, RYT to discover how the practical wisdom of yoga, Ayurveda and meditation can bring you back to a new normal and help you feel positive, calm and energized. Learn simple practices you can use daily for long-term, sustainable healing. *50% off for those being tested of treated for cancer. Please note you will be charged a cancellation fee if you do not notify within 48 hours that you are not attending.

Fight Fat After 40: Tue Nov 27th 7-8pm $18/$25, call 646-505-5728 jccmanhattan.org/cancer-care. Join Joanne Gerr, LCSW to learn about the nutritional, psychological, and emotional aspects of staying fit and slender after 40. Discuss evidenced-based lifestyle changes, food choices and exercise patterns that help people stay slim. 50% off for those being tested of treated for cancer. Please note you will be charged a cancellation fee if you do not notify within 48 hours that you are not attending.

Reiki and Self-Care: A Monthly Clinic: Thurs, Nov 1st 6:45 or 7:15pm $20 Reiki is a gentle, balancing spiritual healing practice offered through light touch to a fully clothed recipient, sign up for a 30 min session. Call 646-505-5728 to register or visit jccmanhattan.org/cancer-care. *50% off for those being tested or treated for cancer. Please note you will be charged a cancellation fee if you do not notify within 48 hours that you are not attending.

Change your Habits, Change your Life: Nov 20th 6:30-7:30pm $12/$18 646-505-5728 or visit jccmanhattan.org/cancer-care. Join Sylvie Heyman, RN, MPS, to discover best practices for habit change. *50% off for those being tested or treated for cancer. Please note you will be charged a cancellation fee if you do not notify within 48 hours that you are not attending.

The Resilience Advantage: Nov 8th 6:30-9:30pm $35/$45 join Jaymie Meyer, NBC-HWC, C-IAYT this workshop provides self-regulation tools and strategies to strengthen resiliency, improve decision-making and access intuition. call 646-505-5728 jccmanhattan.org/cancer-care *50% off for those being tested or treated for cancer. Please note you will be charged a cancellation fee if you do not notify within 48 hours that you are not attending.