



MS WEST & MS MORNINGSIDE SUPPORT & WELLNESS PROGRAMS: MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>7:30-8:30 Meditation (JCC) 5:45-6:45 Daily Meditation (JCC) 6:15-7:30 Yoga for Cancer (JCC)</p>	<p>3</p> <p>7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC)</p>	<p>4</p> <p>7:30-8:30 Meditation (JCC) 12:45- 1:45 Moving for Life (JCC) 12:30-2:00 Yoga for Men (JCC) 5:45-6:45 Daily Meditation (JCC) 6:30-8:30 Change your Posture, Relieve your Pain (JCC)</p>	<p>5</p> <p>7:30-8:30 Meditation (JCC) 11:00-12:00 Open Discussion Group (WEST) 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 & Self-Care: A Monthly Clinic (JCC) 7:10-8:00 Water Ai Chi Pool (JCC)</p>	<p>6</p> <p>7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)</p>
<p>9</p> <p>7:30-8:30 Meditation (JCC) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 6:15-7:30 Yoga for Cancer (JCC)</p>	<p>10</p> <p>7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 7:00-8:00 Do My Genes Impact My Risk for Colon Cancer? (JCC)</p>	<p>11</p> <p>7:30-8:30 Meditation (JCC) 11:00-1:00 Social Work & Nutrition Month Table Event (WEST) 12:45- 1:45 Moving for Life (JCC) 12:30-2:00 Yoga for Men (JCC) 2:30-4:30 Latina SHARE (MSM) 5:45-6:45 Daily Meditation (JCC)</p>	<p>12</p> <p>7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 5:45-6:45 Daily Meditation (JCC) 6:00-7:00 Leukemia, Lymphoma, and Myeloma Support Group (WEST) 6:45-8:00 Healing Yoga for Women Living with Breast or Ovarian Cancer(JCC) 7:10-8:00 Water Ai Chi Pool (JCC)</p>	<p>13</p> <p>7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)</p>
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<p>23</p> <p>7:30-8:30 Meditation (JCC) 3:00-5:00 Writing Workshop (WEST) 5:45-6:45 Daily Meditation (JCC) 6:15-7:30 Yoga for Cancer (JCC)</p>	<p>24</p> <p>7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC)</p>	<p>25</p> <p>7:30-8:30 Meditation (JCC) 12:45- 1:45 Moving for Life (JCC) 12:30-2:00 Yoga for Men (JCC) 2:30-4:30 Latina SHARE (MSM) 4:30-5:30 Moving for Life: Clases de baile (MSM) 5:45-6:45 Daily Meditation (JCC)</p>	<p>26</p> <p>7:30-8:30 Meditation (JCC) 9:30-10:30 Water Ai Chi Pool (JCC) 5:45-6:45 Daily Meditation (JCC) 6:45-8:00 Healing Yoga for Women Living with Breast or Ovarian Cancer(JCC) 7:10-8:00 Water Ai Chi Pool (JCC)</p>	<p>27</p> <p>7:30-8:30 Meditation (JCC) 2:00-3:00 Weight Management Group (WEST)</p>
<p>30</p> <p>7:30-8:30 Meditation (JCC) 5:45-6:45 Daily Meditation (JCC) 6:15-7:30 Yoga for Cancer (JCC)</p>	<p>31</p> <p>7:30-8:30 Meditation (JCC) 4:00-5:15 Yoga + Nia Brain + Body Fitness (JCC) 5:45-6:45 Daily Meditation (JCC) 6:30-8:30 Reducing Whole Body Inflammation (JCC)</p>	<p>Sunday, March 8th 1:30-4:45pm The Art & Science of Well-Being (JCC)</p>	<p>Sunday March 15th 1:30-4pm Change your Brain with Meditation (JCC)</p> <p>Sunday March 15th Self-Care 101: Small Steps to Relieve Stress (JCC)</p>	<p>Sunday, March 29th 3-5pm Productive Sleep for Cancer Survivors (JCC)</p>

For Further Information & Registration:

MSWEST (formerly Roosevelt)- 1000 10th Avenue 212-523-6454
JCC- 334 Amsterdam Ave. & 76th St. 646-505-4444
MSM- Mount Sinai Morningside- 440 W 114th St. & Amsterdam



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MS WEST- Mount Sinai WEST (formerly MS Roosevelt)- 1000 10th Avenue

Classes for Confidence: Brave Beauty in the Face of Cancer at Sephora Columbus Circle: Skincare tips, color IQ, step-by-step instructions for creating a radiant complexion, natural looking brows and defined eyes Sephora Columbus Circle, registration limited to 10 participants, call or email Meghan Shafer, LMSW (212)636-3443/meghan.shafer@mountsinai.org
Social Work and Nutrition Month Table Event: March 11th 11-1pm 425 W 59th St 8th Floor Waiting Area, Meet members of our staff and learn about our programming
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 provided.
Weight Management: 2:00-3:00pm Learn how to eat healthy & lose weight. Fridays, lower level conf room Main Hospital, Registration required, Michele Weisberger, RD 212- 636-3068
Writing Workshop: Winston Conf Room, 1st floor Mondays, 3-5pm for more information or to RSVP contact Lori Schwartz, LCSW-R, OSW-C, 212-523-6454 /lori.schwartz@mountsinai.org
Open Discussion Group Radiation Oncology- Join us to share stories, offer support and discuss treatment experience, open to all current and former radiation patients 1st and 3rd Thursday of every month 11am-12pm lower level conference room please contact Meghan Shafer, LMSW for more information 212-636-3443/meghan.shafer@mountsinai.org

MSSL- Mount Sinai Morningside -114th St. & Amsterdam Ave

LatinaSHARE: Wednesdays 2:30-4:30 Muhlenberg Auditorium 4th Floor. Para informacion, llame al 212-221-1626 Support group in Spanish for women with Breast and Ovarian Cancer. Register 212- 221-1626. 11/13 El Masaje Oncologico
Moving for Life: March 25th 4:30-5:30Clases de baile para la recuperacion del cancer proporcionadas por Moving for Life, register with SHARE 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: Note location and day of the week changes! Wednesdays, 12:30-2pm through April 8th at the JCC in the mezzanine classroom for more information, contact 212-844-6022 for info or email jerrysnee@msn.com

***Healing Yoga for Women Living 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 Fl, 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, 7:10am-8:00pm please call 646-717-9383 Pool 6th floor

***Moving for Life:** Gentle Cardio workout-12:45-1:45 Wednesdays **Saturdays** 11:00- 12:00 pm To register call 646-717-9383 ongoing Saturdays

Yoga for Cancer: weekly yoga with Courtney Bauer, Mondays 6:15-7:30pm to register call 646-717-9383

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 Rm7th Fl

Reiki and Self-Care: A Monthly Clinic: Thurs, Mar 5th 6:45 or 7:15pm, \$20, call 646-505-5728 or visit jccmanhattan.org/cancer-care. Join Pamela Miles for reiki, a gentle, balancing spiritual healing practice offered through light touch to a fully clothed recipient. **50% off for those being tested/treated for cancer. Cancellation fee applies if you don't notify within 48 hours*

Do My Genes Impact My Risk for Colon Cancer: Tue March 10 7-8pm Free Join Dr. Kieber-Emmons, Gastroenterologist, NY Presbyterian, to learn about colon cancer and identifying individualized factors that can increase a person's risk of developing colon cancer as well as other GI cancers, discuss family history, lifestyle and what one can do to reduce risk. Call 646-505-5708 or visit jccmanhattan.org

Reducing Whole Body Inflammation: Tue March 31, 6:30-8:30pm Free, Dr. Martha Eddy, to learn about whole-body inflammation and how to reduce it and keep it in check. Call 646-505-5708

jccmanhattan.org/cancer-care

Restorative Retreat: Sun Mar 1 9:30-1:30 \$135/\$145 Join Jessica Li Phillips, Integrative Chef & wellness Consultant, Yoga Instructor, + Caroline Kohles, Nia Movement educator for a unique women's day retreat to nourish your body, mind and soul. Expect Nia dance, yoga, meditation, cooking, inquiry and connection, *limited to 12 participants*, Call 646-505-5728/ jccmanhattan.org/cancer-care **50% off for those being tested/treated for cancer*

Plant-Based Eating for Hormonal Health: Thur, Mar 26, 7-9:00pm \$35/\$45 Join Laurie Courage, Certified PCRM Food For Life Instructor, to learn to eat according to your hormones, improve your mood and body function and regulate your weight, Call 646-505-5728/jccmanhattan.org/cancer-care **50% off for those being tested/treated for cancer*

Change Your Brain with Meditation: Sun March 15th 1:30-4pm \$25/\$35, Join Sheldon Lewis for this experiential class for beginners and pros alike to benefit from practicing different types of meditation that can help calm the nervous system, boost positive emotions and lower anxiety. Call 646-505-5728/ jccmanhattan.org/cancer-care. **50% off for those being tested/treated for cancer*

The Art & Science of Well-Being: 3 Sundays 1:30-4:45pm \$35/\$45 per class, 6:30-9pm Join Phoebe Atkinson, LCSW-R + Caroline Kohles, Nia Black Belt Educator for this series where they will present positive psychology, habit formation and leadership 646-505-5728 or visit jccmanhattan.org/cancer-care. **50% off for those being tested/treated for cancer*

Change your Posture, Relieve your Pain: Mar 4th 6:30-8:30pm FREE Join Martha Eddy, PhD, Director, Moving for Life to learn how understanding your body alignment and interrupting poor posture patterns can relieve pain. RSVP call 646-505-5708/ jccmanhattan.org/cancer-care

Self-Care 101: Small Steps to Release Stress: Sun, Mar 15, 2:30-4:15, \$35/45 Join Whitney Chapman, RYT, to learn simple techniques that you can practice in less than five minutes to improve the care you give yourself. Call 646-505-5728 or visit jccmanhattan.org/cancer-care. **50% off for those being tested/treated for cancer*

Productive Sleep for Cancer Survivors: Sun Mar 29th Free 3-5pm Join Erik Spahn, MA, Occupational therapist + Sleep Coach to learn to optimize sleep for health and longevity and discuss your current habits. Discuss barriers to good sleep you may experience as a survivor, including daytime fatigue, positioning, scars and edema and other questions you may have. Call 646 505-5728 jccmanhattan.org/cancer-care