



Gilda Comes to You December 2015



	<u>Support Groups</u>	<u>Workshops</u>	<u>Lectures</u>
<u>Berkeley Carroll School #27</u> 181 Lincoln Place Brooklyn, NY, 11217	Living with Loss Monthly Group Wednesday, December 9th 6:30-8:30pm		
<u>Kings County Hospital Center for Cancer Care</u> 451 Clarkson Avenue Brooklyn, NY 11203 C-building 4 th -Floor (Red Door)	Cancer Support Groups Every Wednesday 11:30am-1:00pm 1:30-3:00pm	Movement Meditation Wednesday, December 16th 11:30am -1:00pm	
<u>The Mount Sinai Hospital Ruttenberg Treatment Center</u> 1470 Madison Avenue (btw 101 st and 102 nd) New York, NY 10029 3 rd Floor	Amigos Unidos- Grupo de Apoyo Cada Miércoles 10:00-11:30am	Seated Yoga Monday, December 14th 10:30am -12:00pm Conference Room 105	
<u>Montefiore-Einstein Center for Cancer Care</u> 1521 Jarret Place Bronx, NY 10461 Piso 2-sala de conferencia	Mujeres Unidas- Grupo de Apoyo para Cáncer de Seno Cada Lunes 9:00-10:30am		
<u>Montefiore-Einstein Center for Cancer Care</u> 1695 Eastchester Road Bronx, NY 10461 2 nd Floor Conference Room-232	Cancer Support Group Every Wednesday 1:00-2:30pm		
<u>Montefiore Medical Center</u> 111 East 210 th Street Bronx, New York 10467 Northwest/Blue Zone 2 nd Floor Day Room	Cancer Support Group Every Tuesday 10:00-11:30am		
<u>Queens Cancer Center</u> 82-68 164 th Street Jamaica, NY 11432	Amigos Unidos- Grupo de Apoyo Martes, 8 de Diciembre 11:00am -12:30pm Piso 1- Sala de Conferencia		Ask the Nurse: Managing the Side Effects of Cancer Treatments Friday, December 18th 2:00 -3:00pm 5th Floor, Room A-540

GROUPS

Amigos Unidos-Grupo de Apoyo

Esta viviendo con cáncer? Venga a reunirse con otros miembros de la comunidad Latina de Gilda's Club y comparta sus experiencias, su sabiduría, sus preocupaciones y sus esperanzas.

Cancer Support Groups

These groups will provide men and women living with any type of cancer the opportunity to share their wisdom and firsthand experiences.

Living with Loss Monthly Group

Share your experiences of the grieving process by connecting with other members who have experienced the loss of a loved one due to cancer.

Mujeres Unidas-Grupo de Apoyo para Cáncer de Seno

Está viviendo con cáncer de seno? Venga a reunirse con otros miembros de la comunidad Latina de Gilda's Club y comparta sus experiencias, su sabiduría, sus preocupaciones y sus esperanzas.

LECTURE

Ask The Nurse: Managing the Side Effects of Cancer Treatment

Friday, December 18, 2015; 2:00pm-3:00pm
Speaker: Linda Bulone, RN, OCN, CCRC
Queens Cancer Care Center

Information will be presented on how to manage the side effects of cancer treatment. We will discuss general symptom management for nausea and vomiting, constipation and diarrhea, neuropathy, fatigue, low blood counts and hair loss. Come with all of your questions as this will be a very interactive presentation!

For more information on lectures, please call Carolina Hoires @ 212-647-9700 Ext.245.

WORKSHOPS

Seated Yoga

Monday, December 14, 2015; 10:30am-12:00pm
Facilitator: Liz Dalton
The Mount Sinai Hospital Rutenberg Treatment Center

Seated Yoga offers a supportive environment for members to learn and practice gentle chair-based yoga postures in an effort to connect with his/her body on the living-with-cancer journey. This workshop also incorporates breathwork and meditation techniques.

Movement Meditation

Wednesday, December 16, 2015; 11:30am-1:00pm
Facilitator: Corey Loftus
Kings County Hospital Center for Cancer Care

Release stress and find stillness through simple movements connecting body and breath. A meditation class designed for beginners, inspiring basic, tangible tools to effectively manage stress on your own, starting with breath practice, then repetitive small movements, and eventually arriving to a guided meditation.

For more information on workshops, please call Jordan Patinkin @ 212-647-9700 Ex. 239.