



# Gilda Comes to You

## April 2017

	<u>Support Groups</u>	<u>Workshops</u>	<u>Lectures</u>
<p><b><u>Kings County Hospital</u></b>  <b><u>Center for Cancer Care</u></b>            451 Clarkson Avenue            Brooklyn, NY 11203            C-building 4<sup>th</sup> Floor (Red Door)</p>	<p><b>Cancer Support Group</b>            Wednesday, April 5, 12, 19            11:30am-1pm</p> <p>Wednesday, April 26            1:30-3pm</p>	<p><b>Moving For Life: Seated Yoga</b>            Wednesday, April 5            1:30-2:30pm</p> <p><b>Moving For Life: Gentle Aerobics</b>            Wednesday, April 12            1:30-2:30pm</p> <p><b>Balancing Your Mood</b>            Wednesday, April 19            1:30-2:30pm</p>	<p><b>Self-Care with Jin Shin Jyutsu</b>            Wednesday, April 26            11:30am-1:00pm</p>
<p><b><u>Montefiore Medical Center</u></b>  <b><u>The University Hospital for Albert Einstein College of Medicine</u></b>            1521 Jarret Place            Bronx, NY 10461            Piso 2-sala de conferencia</p>	<p><b>Mujeres Unidas- Grupo de Apoyo para Cáncer de Seno</b>            Cada lunes            9-10:30am</p>		
<p><b><u>Montefiore Medical Center</u></b>  <b><u>The University Hospital for Albert Einstein College of Medicine</u></b>            111 East 210<sup>th</sup> Street            Bronx, NY 10467            Northwest/Blue Zone            2<sup>nd</sup> Floor Day Room</p>	<p><b>Cancer Support Group</b>            Every Tuesday            10-11:30am</p>		
<p><b><u>The Mount Sinai Hospital</u></b>  <b><u>Ruttenberg Treatment Center</u></b>            1470 Madison Avenue            (btw 101<sup>st</sup> &amp; 102<sup>nd</sup>)            New York, NY 10029            3<sup>rd</sup> Floor, Conference Room 105            3er piso, Cuarto de Conferencias 105</p>	<p><b>Amigos Unidos- Grupo de Apoyo</b>            miércoles, 5 de abril            martes, 11 de abril            miércoles 19 y 26 de abril            10-11:30am</p>		<p><b>Health Tips for Springtime</b>            Monday, April 3            1pm-2:30pm</p>
<p><b><u>Queens Cancer Center</u></b>            82-68 164<sup>th</sup> Street            Jamaica, NY 11432</p>	<p><b>Amigos Unidos- Grupo de Apoyo</b>            martes, 11 de abril            11am -12:30pm            Piso 1- Sala de Conferencia</p>		<p><b>BILINGUAL/BILINGÜE</b>  <b>Self-Care with Jin Shin Jyutsu / Autocuidado con Jin Shin Jitsu</b>            Friday, April 21            viernes, 21 de abril            2-3:30pm            5th Floor, Room A-540            5to Piso-Cuarto A-540</p>

### **Amigos Unidos-Grupo de Apoyo**

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 Group**

This group will provide men and women living with any type of cancer the opportunity to share their wisdom and first hand experiences.

### **Mujeres Unidas-Grupo 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.

## WORKSHOPS

### **Moving For Life: Seated Yoga**

**Wednesday, April 5, 2017; 1:30-2:30pm**

**Facilitator: Dana Davison, RSMT/ RSME**

**Kings County Hospital Center for Cancer Care**

Yoga can help you manage and reduce the effects of stress. Seated Yoga offers a supportive environment for participants 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.

### **Moving For Life: Gentle Aerobics**

**Wednesday, April 12, 2017; 1:30-2:30pm**

**Facilitator: Dana Davison, RSMT/RSME**

**Kings County Hospital Center for Cancer Care**

Regain the joy of movement and a sense of well-being through Moving For Life's exercise program that combines music and dance to help relieve the side-effects associated with cancer treatment such as fatigue, weight changes, lymphedema and joint or bone pain.

### **Balancing Your Mood**

**Wednesday, April 19, 2017; 1:30-2:30pm**

**Facilitator: Alexandre Ivlev**

**Kings County Hospital Center for Cancer Care**

Your mind has a restorative potential that we often do not know how to access without practice. In this workshop you will learn how to make powerful suggestions to yourself that can help you balance your mood, decrease your worries and improve your sleep.

## LECTURES

### **Health Tips for Springtime**

**Monday, April 3, 2017; 1-2:30pm**

**Facilitator: Maired Florez**

**The Mount Sinai Hospital Ruttenberg Treatment Center**

The Indian health system of Ayurveda offers recommendations for maintaining optimal health according to the seasons; including nutrition, breathwork, exercises, and other practices to bring you into harmony. Join us to learn about ways you can enhance your health.

### **BILINGUAL/ BILINGÜE**

***Self-Care with Jin Shin Jyutsu/***

***Autocuidado con Jin Shin Jyutsu***

**Friday, April 21, 2-3:30pm**

**viernes, 21 de abril 2017; 2-3:30pm**

**Facilitator/Facilitadora: Teri Meissner**

**Queens Cancer Center**

Everyone has the ability to help themselves. This bilingual presentation will teach patients and caregivers simple, effective, and practical ways to use self-touch and breathwork to help reduce nausea, stress, fatigue, and pain.

Cada persona tiene la capacidad de ayudarse a sí mismo. En este taller bilingüe se enseñará a pacientes y familiares maneras sencillas, efectivas y prácticas de usar técnicas de respiración y toques suaves para ayudar a reducir la náusea, el estrés, la fatiga y el dolor.

### **Self-Care with Jin Shin Jyutsu**

**Wednesday, April 26, 2017; 11:30am-1:00pm**

**Facilitator: Teri Meissner**

**Kings County Hospital Center for Cancer Care**

Everyone has the ability to help themselves. This interactive presentation open to patients, family and caregivers will teach simple, effective, and practical ways to use self-touch and breathwork to help reduce nausea, stress, fatigue, and pain.

Thank you to our sponsors for their generosity and support of our program:

 **Kings County**

**NYS Department of Health**

  
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**For more information on lectures, workshops and support groups please call Fran Castellanos-Ross @ 212-647-9700; Ext.245.**

**GILDA'S CLUB NEW YORK CITY MISSION:** To support, educate, and empower individuals living with cancer and their families.