



Gilda Comes to You

July 2017

	<u>Support Groups</u>	<u>Workshops & Social Events</u>	<u>Lectures</u>
<p><u>Kings County Hospital Center for Cancer Care</u> 451 Clarkson Avenue Brooklyn, NY 11203 C-building 4th Floor (Red Door)</p>	<p>Cancer Support Group Wednesday, July 5, 12 11:30am-1pm</p> <p>Wednesday, July 19 1-2:30pm</p>	<p>Restorative Movement & Breath Wednesday, July 5 1:30-2:30pm</p> <p>Restoring Energy Through Qigong Wednesday, July 12 1:30-2:30pm</p> <hr/> <p>SOCIAL EVENT: Summer Cool-Off Wednesday, July 26 11:30am-1pm</p>	<p>The Chef at Home: Knowledge, Confidence and Inspiration Wednesday, July 19 11am-12:30pm</p> <p>A Sense of Well-Being at Your Fingertips Wednesday, July 26 1:30-3pm</p>
<p><u>Montefiore Einstein Center For Cancer Care</u> <u>Montefiore Medical Park</u> 1521 Jarret Place Bronx, NY 10461 Piso 2-sala de Conferencia</p>	<p>Mujeres Unidas-Grupo de Apoyo para Cáncer de Seno lunes de 10, 17, 24, 31 julio 9-10:30am</p>		
<p><u>Montefiore Medical Center</u> <u>The University Hospital for Albert Einstein College of Medicine</u> 111 East 210th Street Bronx, NY 10467 Northwest/Blue Zone 2nd Floor Day Room</p>	<p>Cancer Support Group Tuesday, July 11, 18, 25 10-11:30am</p>		
<p><u>The Mount Sinai Hospital</u> <u>Ruttenberg Treatment Center</u> 1470 Madison Avenue (btw East 101st & 102nd) New York, NY 10029 3rd Floor, Conference Room 105 3er piso, Cuarto de Conferencias 105</p>	<p>Amigos Unidos-Grupo de Apoyo Todos los miércoles de julio 10-11:30am</p>	<p>Restorative Health Tips for Summertime Monday, July 24 12-1:30pm 3rd Floor- Conference Room</p>	<p>The Relationship Between Inflammation and Cancer Tuesday, July 18 10:30-11:30am 3rd Floor- Conference Room 105</p>
<p><u>Queens Cancer Center</u> 82-68 164th Street Jamaica, NY 11432</p>	<p>Amigos Unidos-Grupo de Apoyo martes, 11 de julio 11am -12:30pm 1er Piso- Sala de Conferencias</p>		<p>Azúcar y el Cáncer: ¿Qué necesito saber? viernes, 14 de julio 2-3:30pm 5th Floor, Room A-540</p>

LECTURES

QUEENS CANCER CENTER

Azúcar y el Cáncer: ¿Qué necesito saber?

viernes, 14 de julio 2017; 2-3:30pm

Facilitadora: Alanna Cabrero, MS, RDN, CDN

¿Cuál es la relación entre el azúcar y el cáncer? ¿Contribuye al desarrollo del cáncer? ¿Puedo disfrutar un dulce o debo eliminarlo completamente? ¿Qué pasa con la fruta o edulcorantes artificiales? Venga al taller de educación para recibir más información sobre azúcar, porciones de azúcar y su asociación con el cuidado del cáncer. También compartiremos una merienda durante la sesión.

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

The Chef at Home: Knowledge, Confidence and Inspiration

Wednesday, July 19, 2017 11am-12:30pm

Facilitator: Jonathan Forgash, Servana Care

Cooking at home should be a comfort and a joy! Chef Jonathan Forgash, from Servana Care will talk with family members and individuals with cancer about how to safely prepare foods that are nourishing and emotionally satisfying. Learn how to cook for a changing palate as well as what foods, herbs and spices can help with nausea, fatigue and reduced appetite.

A Sense of Well-Being at Your Fingertips

Wednesday, July 26; 2017; 1:30-3pm

Facilitator: Birgit Nagele, ARCB, LVCY, TSY

Our body has the ability to help repair and restore itself. Reflexology can provide you with some tools along the way that can complement your medical treatment. In this workshop, you will learn how to apply pressure through your fingertips to areas on your hands that can release muscle tension, promote relaxation, and stimulate and strengthen your body's natural defense system against illness.

MOUNT SINAI HOSPITAL RUTTENBERG TREATMENT CENTER

The Relationship Between Inflammation and Cancer

Tuesday, July 18, 2017; 10:30-11:30am

Facilitator: Dietician from God's Love We Deliver

You've probably heard about how the "Anti-Inflammation Diet" and treats everything from cancer to heart disease to diabetes. This lecture will examine what scientists are actually saying about inflammation and cancer so that you can decide whether an anti-inflammation diet is right for you.

WORKSHOPS

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

Restorative Movement & Breath

Wednesday, July 5; 2017; 1:30-2:30pm

Facilitator: Eddie Ahr, Body and Brain

Your body has the inner wisdom to help restore its health and vitality. By using gentle stretching, rhythmic movement, and breath exercises you can improve your focus, balance, flexibility, and energy as well as reduce some of the negative effects of treatment, such as pain and anxiety. This class is designed for people of all ages, body types, and fitness levels to participate comfortably and at their own pace.

Restoring Energy Through Qigong

Wednesday, July 12, 2017; 1:30-2:30pm

Facilitator: Eddie Ahr, Body and Brain

Activate points on our body that stimulate the flow of energy through gentle movement and body tapping. Quiet your thoughts and connect your mind and body together while experiencing a sense of inner peace. This class is designed for people of all ages, body types, and fitness levels to participate comfortably and at their own pace.

SOCIAL EVENT

Summer Cool-Off

Wednesday, July 26, 2017; 11:30am-1pm

Facilitator: Gilda's Club Staff

Gilda's Club NYC and Kings County Hospital Center invite you to "beat the heat" at a special summer party! Join us for food, fun, and games!

MOUNT SINAI HOSPITAL RUTTENBERG TREATMENT CENTER

Restorative Health Tips for Summertime

Monday, July 24, 2017; 12-1:30pm

Facilitator: Maired Florez

According to the traditional Indian health system of Ayurveda, the season of year dictates what our bodies need in order to function at its best. Come learn the foods, breathwork, and exercises that can bring your body, mind and spirit into harmony in the summertime.

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



Kings County

NYS Department of Health



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.