



Gilda Comes to You

August 2017

	<u>Support Groups</u>	<u>Workshops</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, August 2, 9, 16, 23, 11:30am-1pm</p> <p>Wednesday, August 30 1:30-3:00pm</p>	<p>Guided Relaxation Wednesday, August 2 1:30-2:30pm</p> <p>Restoring Energy Through Movement Wednesday, August 9 1:30-2:30pm</p> <p>Moving For Life: Seated Yoga Wednesday, August 16 1:30-2:30pm</p>	<p>Moving For Life: Finding Natural Relief from Joint Pain Wednesday, August 23 1:30-2:30pm</p> <p>Mind-Body Practices for Health Wednesday, August 30 11:30am-1pm</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 Todos los lunes de agosto 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, August 1, 8, 15, 22, 29 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 agosto 10-11:30am</p>		<p>What's Ailing You? Understanding and Managing Cancer-Related Pain Wednesday, August 16 2:30-4pm 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, 8 de agosto 11am -12:30pm 1er Piso- Sala de Conferencias</p>	<p>Restorative Yoga and Qigong Friday, August 18 2-3:30pm 5th Floor, Room A 540</p>	

LECTURES

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

**Moving For Life: Finding Natural
Relief from Joint Pain**

**Wednesday, August 23, 2017; 1:30-2:30pm
Facilitator: Dana Davison, RSMT/ RSME**

Join Moving For Life for an interactive lecture on joint pain. Learn how to align your joints for easier movement, reduce numbness and tingling, and improve posture. This lecture is free and open to all cancer patients and survivors. All participants will receive a free copy of Moving For Life's "Guidebook For Safe Exercise During Cancer Recovery."

Mind-Body Practices for Health

**Wednesday, August 30, 2017; 11:30am-1pm
Facilitator: Deborah Coady, MD**

In this lecture, Dr. Coady, who is an Ob-Gyn as well as a person living with cancer, will talk about the current Western research that helps explain how mind-body practices ease the adverse effects of chronic stress and illness. She will cover the importance of cultivating one's mind-body connection to enhance our self-healing abilities and our own self-care. She will use the practice of qi gong as an example and lead the group through a mind-body exercise at the end of the workshop.

MOUNT SINAI HOSPITAL
RUTTENBERG TREATMENT CENTER

**What's Ailing You? Understanding and
Managing Cancer-Related Pain**

Wednesday, August 16, 2017; 2:30-4pm

Facilitators: Neena Kapoor-Hintzen, NP and Kimberly Chow, NP; Memorial Sloan Kettering's Supportive Care

Pain is a symptom that many cancer patients fear starting at the time of diagnosis. Not all cancer patients will experience pain, and those who do, experience pain in different ways. Pain may be related to illness, treatment or side effects and may be accompanied by impaired function, emotional distress and even financial strains. While pain can be one of the most distressing symptoms associated with a cancer diagnosis, it is highly treatable.

Neena Kapoor-Hintzen and Kimberly Chow, nurse practitioners from Memorial Sloan Kettering's Supportive Care Service, will give an overview of cancer-related pain and will talk about some of the more effective management strategies available, including: medications, physical therapy, exercise and integrative medicine. You will also learn who should be a part of your comprehensive pain management team. We will hold a question and answer period at the end of the lecture.

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



Kings County

NYS Department of Health



WORKSHOPS

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

Guided Relaxation

**Wednesday, August 2, 2017; 1:30-2:30pm
Facilitator: Terri Meissner**

Research shows that stress reduction and relaxation practices can help to reduce pain, nausea, and fatigue. Learn and experience guided relaxation exercises to unwind, decrease nervousness, and alleviate the effects of stress.

Restoring Energy through Movement

**Wednesday, August 9, 2017; 1:30-2:30pm
Facilitator: Dr. Deborah Coady, Body and Brain**

Relieve stress, energize your body through movements and breath work to connect you with your body and relax the mind in this easy-to-follow class for all abilities.

Moving For Life: Seated Yoga

**Wednesday, August 16, 2017; 1:30-2:30pm
Facilitator: Dana Davison, RSMT/ RSME**

Seated Yoga offers a supportive environment for participants to learn and practice gentle chair-based yoga poses in an effort to connect with your body and breath and calm the mind.

QUEENS CANCER CENTER

Restorative Yoga and Qigong

Friday, August 18, 2017; 2-3:30pm

Facilitator: Dr. Deborah Coady, Body and Brain

Relieve stress, energize your body through movements and breath work to connect you with your body and relax the mind in this easy-to-follow class for all abilities.

GROUPS

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.

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.