



Gilda Comes to You September 2017

| | <u>Support Groups</u> | <u>Workshops</u> | <u>Lectures</u> |
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| <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, September 6, 13, 20 11:30am-1pm</p> <p>Wednesday, September 27 1:30-3pm</p> | <p>Moving For Life: Gentle Aerobics Wednesday, September 6 1:30-2:30pm</p> <p>Moving For Life: Seated Yoga Wednesday, September 20 1:30-2:30pm</p> <p>Cards of Inspiration and Wisdom Wednesday, September 27 11:30am-1pm</p> | <p>Making Decisions About Your Health: A Survivor and Medical Perspective Wednesday, September 13 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 septiembre, 11, 18, 25 9-10:30am</p> | | |
| <p><u>Montefiore Medical Center 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, September 5, 12, 19, 26 10-11:30am</p> | | |
| <p><u>The Mount Sinai Hospital 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 septiembre 10-11:30am</p> | | <p>Chemobrain: Update Thursday, September 28 10-11:30am 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, 12 de septiembre 11am -12:30pm 1er Piso- Sala de Conferencias</p> | <p>Yoga and Qigong for Well-Being Friday, September 22 2-3pm 5th Floor, Room A 540</p> | |

LECTURES

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

Making Decisions About Your Health: A Survivor and Medical Perspective

Wednesday, September 13, 2017; 1:30-3pm

Presenter: Natalia Calderón, M.D., Hematology and Oncology

Join Natalia Calderon, survivor and oncologist for an afternoon talk about what you need to consider in order to make informed decisions about your health and cancer treatment. Dr. Calderon will speak from both the personal and professional perspectives and tailor the conversation to the needs of participants; including understanding medical terms, exploring your treatment options, and talking to your doctors about your concerns and goals.

MOUNT SINAI HOSPITAL RUTTENBERG TREATMENT CENTER

Chemobrain: Update

Thursday, September 28, 2017; 10-11:30am

Facilitator: Gabriela Höhn, Ph.D., Clinical Neuropsychologist

“Chemobrain” describes cognitive changes related to cancer treatment especially in memory, attention and planning. In this interactive discussion, learn how cancer treatment can affect how our brains work and who’s at risk for chemobrain. We’ll discuss the latest new research and explore strategies to help with everyday life during and after treatment.

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.

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

Moving For Life: Gentle Aerobics

Wednesday, September 6, 2017; 1:30-2:30pm

Facilitator: Dana Davison, RSMT/ RSME

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.

Moving For Life: Seated Yoga

Wednesday, September 20, 2017; 1:30-2:30pm

Facilitator: Terri Meissner

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.

Cards of Inspiration and Wisdom

Wednesday, September 27, 2017; 11:30am-1pm

Facilitator: Robin Glazer, Director of the Creative Center at University Settlement

Come create beautiful notecards that will inspire and encourage you and others along the cancer journey.

Participants can choose to keep their art piece or contribute their work to a collaborative album. No experience with art is necessary.

QUEENS CANCER CENTER

Yoga and Qigong for Well-Being

Friday, September, 22 2017; 2-3pm

Facilitator: Dr. Deborah Coady, Body and Brain

Relieve stress, improve flexibility, and energize your body through movements and breath work. This is an easy-to-follow workshop that will help you connect with your body and relax the mind.

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.