



Gilda Comes to You November 2017



	<u>Support Groups</u>	<u>Workshops</u>	<u>Lectures</u>
<p><u>Kings County Hospital</u> <u>Center for Cancer Care</u> 451 Clarkson Avenue Brooklyn, NY 11203 C-building 4th Floor (Red Door)</p>	<p style="text-align: center;">Cancer Support Group Every Wednesday in November 11:30am-1pm</p>	<p style="text-align: center;">Moving For Life: Gentle Aerobics Wednesday, November 1 1:30-2:30pm</p> <p style="text-align: center;">Chair Yoga and Meditation Wednesday, November 8 1:30-2:30pm</p> <p style="text-align: center;">Moving for Life: Seated Yoga Wednesday, November 22 1:30pm-2:30pm</p> <p style="text-align: center;">Yoga and Qigong for Well-Being Wednesday, November 29 1:30-2:30pm</p>	<p style="text-align: center;">Understanding and Managing Cancer-Related Pain Wednesday, November 15 1:30pm-3pm</p>
<p><u>Montefiore Einstein Center</u> <u>For Cancer Care</u> <u>Montefiore Medical Park</u> 1521 Jarret Place Bronx, NY 10461 Piso 2-sala de Conferencia</p>	<p style="text-align: center;">Mujeres Unidas- Grupo de Apoyo para Cáncer de Seno Todos los lunes de noviembre 9-10:30am</p>		
<p><u>The Mount Sinai Hospital</u> <u>Ruttenberg Treatment Center</u> 1470 Madison Avenue (btw East 101st & 102nd) New York, NY 10029</p>	<p style="text-align: center;">Amigos Unidos- Grupo de Apoyo Todos los miércoles de noviembre 10-11:30am 3er piso, Resource Room</p>	<p style="text-align: center;">Yoga Sentada y Meditación miércoles, 1 de noviembre 10-11am 3er piso, Resource Room</p>	
<p><u>Queens Cancer Center</u> 82-68 164th Street Jamaica, NY 11432</p>	<p style="text-align: center;">Amigos Unidos- Grupo de Apoyo lunes, 6 de noviembre 11am -12:30pm 1er Piso- Sala de Conferencias</p>	<p style="text-align: center;">Yoga and Qigong for Well-Being Wednesday, November 15 2-3:30pm Room A540- 5th Floor</p>	

WORKSHOPS

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

Moving For Life: Gentle Aerobics

Wednesday, November 1, 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.

Chair Yoga and Meditation

Wednesday, November 8; 2017; 1:30-2:30pm
Facilitator: Rochelle White, Creative Mindz Yoga

Chair yoga combines gentle seated postures with guided breathing. The practice of yoga can help strengthen muscles, increase circulation, improve range of motion and mobility, improve balance, eliminate toxins, and calm the mind. Classes are paced and adapted for all ability levels.

Moving For Life: Seated Yoga

Wednesday, November 22; 2017; 1:30-2:30pm
Facilitator: Dana Davison, RSMT/RSME

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 the body. This workshop also incorporates breathwork and meditation techniques.

Yoga and Qigong for Well-Being

Wednesday, November 29, 2017; 1:30-2:30pm
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.

MOUNT SINAI HOSPITAL RUTTENBERG TREATMENT CENTER

Yoga Sentada y Meditación

miércoles, noviembre 1, 2017; 10-11am
Facilitadora: Tina Wang, Creative Mindz Yoga

Esta clase combina posturas sentadas con respiración guiada. La práctica de la yoga puede ayudar a fortalecer los músculos, mejorar la circulación, mejorar el rango de movimiento y movilidad, mejorar el equilibrio, eliminar las toxinas y calmar la mente. Esta clase es para todas habilidades.

QUEENS CANCER CENTER

Yoga and Qigong for Well-Being

Wednesday, November 15, 2017; 2-3:30pm
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.

LECTURES

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

Understanding and Managing Cancer-Related Pain

Wednesday, November 15; 2017; 1:30pm-3pm

**Facilitator: Neena Kapoor-Hintzen, NP,
Memorial Sloan Kettering's Supportive Care Service**

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. Neena Kapoor-Hintzen, 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.

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 212-647-9700.

GILDA'S CLUB NEW YORK CITY MISSION:

To support, educate, and empower individuals living with cancer and their families.