



Continuum Cancer Centers of New York

SUPPORT & WELLNESS PROGRAMS: JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOSPITAL HOLIDAY	3 3:45-5:00 Yoga Moves for Women with Cancer (JCC) 7:00-9:00 Reiki (SLD) 7:00 Sobriety & Cancer (CC) 4A	4 12:00-1:00 Aerobics (JCC) 1:00-2:00 Caregiver Support Group (CC)4A 3:15-4:15 Yoga for Cancer Patients (WEST) 6:00-7:00 Stay off Smoking SOS (CC) 2 nd Fl	5 9:30-10:30 Renewal Pool (JCC) 12:00-1:00 Knitting (CC) 2 nd Fl 3:00-4:30 Yoga for Men (JCC) 5:00-6:00 Meditation (WEST) 6:30-8:30 Reiki (RH) 6:45-7:45 Healing Yoga for Women (JCC)	6 2:00 -3:30 Bilingual Yoga for Women with Cancer (SLD)
9 11:00-12 Coffee Talk (CC) 4A 3:30-5:00 Yoga for Women (CC) 2 nd Fl 3:15-4:15 Yoga for Cancer Patients (WEST) 6:30-8:30 Reiki (CC) 2 nd Fl 6:30-7:30 Gastric & Esophageal Cancer Support Group (CC)4A	10 8:30-10:00 Renewal Pool(Y) 3:45-5:00 Yoga Moves for Women with Cancer (JCC) 7:00-9:00 Reiki (SLD) 7:00 Sobriety & Cancer (CC) 4A	11 12:00-1:00 Aerobics (JCC) 12:30-2:30 LatinaSHARE (SLD) 12:00-1:00 Breast Cancer Workshop (CC) 4A 1:00-2:00 Caregiver Support Group (CC)4A 3:15-4:15 Yoga for Cancer Patients (WEST) 5:30-6:30 Colorectal Cancer Support Group (CC)4A 5:45-6:45 Breast Cancer Support Group (WEST) 6:00-7:00 SOS (CC) 2 nd Fl	12 9:30-10:30 Renewal Pool (JCC) 12:00-1:00 Knitting (CC) 2 nd Fl 3:00-4:30 Yoga for Men (JCC) 5:00-6:00 Meditation (WEST) 5:30-6:30 Lymphedema Workshop (CC)4A 6:30-8:30 Reiki (RH) 6:45-7:45 Healing Yoga for Women (JCC)	13 2:00 -3:30 Bilingual Yoga for Women with Cancer (SLD)
16 HOSPITAL HOLIDAY Martin Luther King Day	17 8:30-10:00 Renewal Pool (Y) 3:45-5:00 Yoga Moves for Women with Cancer (JCC) 7:00-9:00 Reiki (SLD) 7:00 Sobriety & Cancer (CC) 4A	18 9:30-3:30 Food Stamps Application Assistance (CC) 2 nd FL 12:00- 1:00 Aerobics (JCC) 12:30-2pm LatinaSHARE (WEST) 1:00-2:00 Caregiver Support Group (CC)4A 3:15-4:15 Yoga for Cancer Patients(WEST) 6:00-7:00 SOS (CC) 2 nd Fl	19 9:30-10:30 Renewal Pool (JCC) 12:00-1:00 Knitting (CC) 2 nd Fl 3 :00-4:30 Yoga for Men (JCC) 5:00-6:00 Meditation (WEST) 6:30-8:30 Reiki (RH) 6:45-7:45 Healing Yoga for Women (JCC)	20 2:00 -3:30 Bilingual Yoga for Women with Cancer (SLD)
23 11:00-12 Coffee Talk (CC) 4A 12:00-1:00 Chemobrain Workshop (CC) 4A 3:30-5:00 Yoga for Women (CC)5 th Fl 3:15-4:15 Yoga (WEST) 6:30-8:30 Reiki (CC) 5th Fl	24 8:30-10:00 Renewal Pool (Y) 3:45-5:00 Yoga Moves for Women with Cancer (JCC) 7:00-9:00 Reiki (SLD) 7:00 Sobriety & Cancer (CC) 4A	25 12:00-1:00 Aerobics (JCC) 1:00-2:00 Caregiver Support Group (CC)4A 5:45-6:45 Breast Cancer Support Group (WEST) 3:15-4:15 Yoga for Cancer Patients (WEST) 6:00-7:00 Stay of Smoking (CC) 2 nd Fl	26 9:30-10:30 Renewal Pool (JCC) 12:00-1:00 Knitting (CC) 2 nd Fl 2:00-4:00 SPOHNC (CC) 5 th Fl 3:00-4:30 Yoga for Men (JCC) 5:00-6:00 Meditation (WEST) 6:30-8:00 Reiki (RH) 6:45-7:45 Healing Yoga for Women (JCC)	27 2:00 -3:30 Bilingual Yoga for Women with Cancer (SLD)
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For Further Information & Registration:

Cancer Supportive Services, Beth Israel Medical Center: 212-844-6022

CC- 10 Union Sq. East

Y-1st Ave. & 14th St.

BI WEST- 325 West 15th St.

KHIC- Karpas Health Info Center- 311 1st Ave & 18th St. 212-420-4247

St. Luke's-Roosevelt Hospital Center: 212-523-7275

RH- Roosevelt Hospital- 1000 10th Avenue

JCC- 334 Amsterdam Ave. & 76th St.

SLD- St. Luke's Division- 440 W 114th St. & Amsterdam

[BI WEST: 325 West 15th Street](#)

Breast Cancer Support Group: 2nd and 4th Wednesday of month starting in Jan 2012 5:45-6:45pm Medical Oncology Conference Rm. Pre-registration is required please call 212-604-6095 or 212-604-6098

Yoga for Cancer Patients: Mondays & Wednesdays 3:15-4:15 Main Conference Rm. For more information please call Rita 212-367-1782

Latina SHARE: 12:30-2:00. Estos grupos son facilitados por voluntarios etrenadas quienes han tenido una experiencia similar. Comparta informacion, experiencias, sentimientos y estrategias para aceptar y combatir aspetos negativos de la enfermedad. Para informacion, llame al 212-221-1626

Look Good...Feel Better: Alternating between PACC Thurs 10-12pm call 212-844-6022 4th Fl A & WEST Mon 4pm-6pm 212-604-6098 Main Conf Rm. Free makeup workshop. Registration required. This program is currently on hold and will resume in March

Meditation: Thursdays, 5:00-6:00. Main conf rm. 15 minutes of meditation followed by Therapeutic Touch treatments for anyone interested. For more information please contact Mary Ann Juliano, RN, at 212-367-1869

[CC: 10 Union Sq. East](#)

Coffee Talk- Mondays, 11:00am-12pm 4th Floor, Bogart Conf Rm 4A. Support Group for Women with Cancer. Registration is required; please call Dixie Beckham LCSW ACSW, 212-604-6095.

Caregiver Support Group- Wednesdays 1:00-2:00pm 4th Floor Bogart Conf Rm 4A, drop in. For more information, call Emily Sherlock, SWI 212-844-6078

Colorectal Cancer Support Group: Monthly Wednesdays 5:30-6:30pm For more information, please call Alison Snow, 212-844-6022

Yoga for Women: Mondays, 3:30-5:00pm, 2nd Floor conference room 1. For more information, please call 212-844-6022.

Reiki: Living Light™ Reiki Mondays, 6:30-8:30pm, 2nd Floor conference room 1 & 2. For more information, please call 201-280-5229.

Chemobrain Workshop: Monday, 12:00pm-1:00pm, Bogart Conference Room 4A.

Practical cognitive strategies & skills, regain control of memory & attention problems, lower stress during and after treatment. For more information, please call 212-844-8575.

Renewal-Pool Program: Tuesdays, 8:30am-10:00am, Y-1st Ave. & 14th St. A program for women with breast cancer that combines relaxation, exercise and strengthening aerobics in the studio and completes the program with Aquatic Exercises & Ai Chi in the pool. For more information, please call 212-844-6022.

SOS- Stay off Smoking Support Group: Wednesdays 6:00-7:00pm PACC Friedman 2nd floor Conference Room 2. For more information, please call Ilene Alpert 212-844-1349

SPOHNC- Support for People with Oral Head and Neck Cancer: 3rd Thursday of every month 5th Floor Conference Room B. For more information, please call 212-844-8767.

Sobriety & Cancer: Tuesdays, 7:00-8:00pm Bogart Conference Room 4A. Open AA meeting for survivors in sobriety cancer related. For more information please call 917-215-5480

Gastric & Esophageal Support Group: 2nd Monday of the month, 6:30-7:30pm Bogart Conference Room 4A. Patients who are status post gastrectomy or esophagectomy or who are scheduled for this type of surgery in the near future. For more information, please call 212-420-4041.

Prostate Cancer Support Group: This program is temporarily on hold.

Gay Men's Prostate Support Group: This program is temporarily on hold.

Lymphedema Workshop: Monthly 5:30-6:30pm Bogart Conference Room 4A. Educational workshop for breast surgery patients. For more information, please call 212-844-8575.

Breast Cancer Workshop: Monthly, 12:00-1:00pm Conference Room 4A. Learn skills and gather information join with others & share experiences. For more information, please call 212-844-8575.

Fashion Fights Cancer: Pre-registration required, free four week fashion workshop, learn techniques to make your own garments and accessories from professionals within design community. For more information, please call 212-844-6022

Knitting Circle: Thursdays, 12:00-1:00pm 2nd Floor Room 2060. For more information, please call 212-844-8575. *Space is limited.*

JCC- 334 Amsterdam Ave. & 76th St.-For more information contact 212-523-7275

Yoga for Men: Thursdays, 3-4:30pm for more information, contact 212-844-6022

Healing Yoga for Women with Breast or Ovarian Cancer: 6:45-7:45pm Thursdays

Aerobics: Wednesdays, 12-1pm for more information, please call 212-523-7275

Yoga Moves for Women with Cancer: 3:45-5pm Tuesdays

Renewal- Pool Program: Thursdays, 9:30am-10:30am

[RH- Roosevelt Hospital- 1000 Tenth Ave](#)

Reiki: Check website www.livinglightreiki.org or call 718-612-1566 for schedule, every other Thursday 6:30-8:00pm 1st Floor Doctor's Dining Room

[SLD- St. Luke's Division- 114th St. & Amsterdam Ave](#)

Bilingual Yoga for Women with Cancer: 2:00-3:30pm (English/Spanish) for more information contact 212-523-7275

Reiki Muhlenberg Bldg. Auditorium every Tuesday 7-9pm; contact Carmen Larino 718-626-4685

LatinaSHARE: Wednesdays 12:30-2:30 2nd Fl Conf Room. Para informacion, llame al 212-221-1626 Support group in Spanish for women with Breast and Ovarian Cancer