

# August Community Offerings

Password for all programs: zoom (lowercase)



**Wednesday, August 3 at 1 p.m.**

## **Creating A Healthy Spiritual Routine**

Reverend Guillermo Escalona, M. Div, Pastoral Care Services

**Zoom ID: 939 4102 7736**

To register, click [here](#).

Creating routines can help maintain a healthy lifestyle.

Learn ways on how to create a healthy routine for a fulfilling spiritual life.

**Thursday, August 11 at 12 Noon**

## **Memory Improvement Strategies**

Richard Hamilton, PhD, Psychology

**Zoom ID: 929 1091 9623**

To register, click [here](#).

Tune in to understand causes of cognitive impairments and learn strategies that may improve memory, enhance recall, and increase information retention.

**Friday, August 12 at 12 Noon**

## **Latest Advances in Vaccines for Cancer**

Janine Smith Pharm.D, MBA, MSRA, BCOP, BCPS

**Zoom ID: 967 6791 1830**

To register, click [here](#).

Miami Cancer Institute expert will define cancer vaccine therapy in the clinical landscape of oncology, discuss current preventive and therapeutic cancer vaccines and explain cancer vaccine clinical trials in patients with solid tumors.

**Tuesday, August 16 at 2 p.m.**

## **Celebrity Chef Workshop**

Chef Cindy Hutson, Miami Cancer Institute's Culinary Ambassador and Natacha Borrajo, RDN

**Zoom ID: 965 7211 8171**

To register, click [here](#).

Join Celebrity Chef Cindy Hutson for a healthy and delicious food demonstration and ask a registered dietitian all your nutrition questions.

**Wednesday, August 17 at 12 Noon**

## **Connect With The Experts: The Importance of Early Screenings and Prevention**

Nadia Nocera, MD, Breast Surgical Oncology; Cesar Ochoa Perez, MD, Medical Oncology, Head and Neck, Thoracic; Jorge Caso, MD, Urologic Oncology

**Zoom ID: 986 2680 8674**

To register, click [here](#).

Join a panel of Miami Cancer Institute experts to learn about the importance of routine screenings as a prevention tool.

**Saturday, August 27 at 9 a.m. – 4 p.m.**

## **Virtual Stomach Cancer Educational Symposium In Partnership with Debbie's Dream Foundation**

Moderator: Antonio Ucar, MD, Medical Oncology, Gastrointestinal  
Speakers: Fernando De Zarraga, MD, Ramon Jimenez, MD, Santiago Aparo, MD, Michael Chuong, MD, Arelis Martir Negrón, MD, Constanza Martinez Pinanez, MD, Karla Pfaeffle-Palomo, MS, RDN, LND and Lisellet Morin, MS, PA-C and patient testimonials.

**Zoom ID: 999 4164 6068**

To register, click [here](#).

Join Miami Cancer Institute and Debbie's Dream Foundation, to learn about genetics, radiation therapy, endoscopy treatment, immunotherapy, and many other topics related to gastric cancer. Antonio Ucar, MD, along with a panel of experts will be able to answer your questions and provide insight on the latest in management, treatment and survivorship of Gastric Cancers.

**Tuesday, August 30 at 2 p.m.**

## **Eat The Rainbow: A Guide To Antioxidants**

Nicole Rittman, RD, CSO, LDN

**Zoom ID: 917 4962 1500**

To register, click [here](#).

Learn about foods loaded with antioxidants and their benefits.

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**Miami Cancer Institute**

BAPTIST HEALTH SOUTH FLORIDA

# Weekly Exercise Virtual Programs

Password for all programs: zoom (lowercase)



## Tuesdays

**Pilates Whole Body Mat** with Rosanna Deguzman, Polestar Pilates Practitioner, MBA

11 a.m. | Zoom ID: 963 0554 1342

<https://baptisthealth.zoom.us/j/96305541342>

Tone up and tune in for a strength-building exercise.

**Gentle Yoga** with Alex Grau, MA, C-IAYT, E-RYT, RYT 5000, NASM-CPT

4 p.m. | Zoom ID: 944 6336 1813

<https://baptisthealth.zoom.us/j/96305541342>

Connect on the mat with a complimentary light form of yoga.



## Wednesdays

**Gentle Stretch & Relaxation** with Cathee Connor, CLM, Dance and Exercise Specialist

10 a.m. | Zoom ID: 926 4646 3439

<https://baptisthealth.zoom.us/j/92646463439>

Release tension and relax with a gentle stretching session.



**Chair Pilates** with Rosanna Deguzman, Polestar Pilates Practitioner, MBA

11 a.m. | Zoom ID: 918 7943 4380

<https://baptisthealth.zoom.us/j/91879434380>

Perform a combination of light muscle building exercises using chairs.



## Thursdays

**Chair Yoga** with Alex Grau, MA, C-IAYT, E-RYT, RYT 5000, NASM-CPT

11 a.m. | Zoom ID: 936 9137 2096

<https://baptisthealth.zoom.us/j/93691372096>

Increase your range of motion and strengthen your personal body awareness.

## Fridays

**Restorative Yoga** with Alex Grau, MA, C-IAYT, E-RYT, RYT 5000, NASM-CPT

9 a.m. | Zoom ID: 960 8255 5364

<https://baptisthealth.zoom.us/j/96082555364>

Get balanced and centered with yoga that promotes deep relaxation.

For more information about the services offered for patients and caregivers, email [MCIEvents@BaptistHealth.net](mailto:MCIEvents@BaptistHealth.net) or visit [cancer.baptisthealth.net/miami-cancer-institute/patient-support](https://cancer.baptisthealth.net/miami-cancer-institute/patient-support)



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