

October Virtual Programming



Friday, October 1 at 7 p.m.: BRCAStrong's Hereditary Breast and Ovarian Cancer Program

Starr Mautner, MD, Breast Surgical Oncology

Follow @BRCAStrong on Instagram to tune in!

A series of "live" events to raise awareness of Hereditary Breast and Ovarian Cancer Week.

Saturday, October 2 at 9 a.m.: Embrace, Engage, Empower: A Metastatic Thriver Retreat

Adrian Cristian, MD, Chief of Cancer Rehabilitation; Beatriz Currier, MD, Medical Director of Cancer Patient Support Center and Chief of Psychosocial Oncology; Joseph Panoff, MD, Radiation Oncology; Victor Guardiola, MD, Medical Oncology and Darius Daughtry, Literary Artist

Zoom ID: 932 5818 2173

Password: empower

<https://baptisthealth.zoom.us/j/93258182173>

Miami Cancer Institute and Susan G. Komen invite you to attend this special Metastatic event! Participate in an expert panel discussion on the latest in care and treatment of Metastatic Breast Cancer and enjoy a literary arts activity led by Miami Cancer Institute guest artist, Darius Daughtry.

Monday, October 4 at 12 Noon: BRCAStrong's Hereditary Breast and Ovarian Cancer Program

Miguel Medina, MD, Chief of Plastic and Reconstructive Surgery

Follow @BRCAStrong on Instagram to tune in!

A series of "live" events to raise awareness of Hereditary Breast and Ovarian Cancer Week.

Tuesday, October 5 at 2 p.m.: Celebrity Chef Workshop

Chef Cindy Hutson and Dominique Symonette, MS, RD, CDN

Zoom ID: 945 5873 9661

Password: zoom

<https://baptisthealth.zoom.us/j/94558739661>

Enjoy a healthy food demonstration, delicious tasting and a new recipe by Celebrity Chef Cindy Hutson. Learn her cooking secrets and get a chance to ask a registered dietician your nutrition questions.

Friday, October 8 at 11:30 a.m.: Fight N' Heal Pink N' Teal: A Look at Breast and Ovarian Cancer

Moderators: Nicholas Lambrou, MD, Chief of Gynecologic Oncology and Director of Robotic Surgery; John Diaz, MD, Deputy Chief of Gynecologic Oncology and Starr Mautner, MD, Breast Surgical Oncology

Speakers: Ana Sandoval Leon, MD, Breast Medical Oncology; Eric Schroeder, MD, Gynecologic Oncologist; Harry Salinas, MD, Chief of Breast Reconstruction; Kate Lampen-Sachar, MD, Radiation Oncology; Manmeet Ahluwalia, MD, Chief of Medical Oncology, Chief Scientific Officer and Deputy Director; and Thomas Morrissey MD, Director of Gynecologic Oncology, Lynn Cancer Institute

Zoom ID: 970 6894 0528

Password: zoom

<https://baptisthealth.zoom.us/j/97068940528>

Miami Cancer Institute invites you to join an expert panel for a discussion on breast and ovarian cancer. Topics will focus on the latest advances in research and care in the field, as well as unique cancer treatments available at Miami Cancer Institute. Experts will be available for Q&A following the presentation.

Tuesday, October 12 at 12 Noon: Fad vs. Facts

Carla Araya, MPH, RD/LDN

Zoom ID: 992 9640 1611

Password: zoom

<https://baptisthealth.zoom.us/j/99296401611>

Tune in to debunk common food myths that may be influencing food choices.

Thursday, October 14 at 6 p.m.: Stay Aware: Breast Cancer Care

Maria Rodrigues, MD, Radiation Oncology, Luis Arroyo, MD, BHPG Breast Surgery, Arelis Martir-Negron, MD, Medical Geneticist, and Lauren Carcas, MD, Medical Oncology

Zoom ID: 932 2719 7454

Password: zoom

<https://baptisthealth.zoom.us/j/93227197454>

Join a panel of Miami Cancer Institute experts to learn about the importance of screenings, breast health, treatment options and genetic history.

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



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

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Saturday, October 16 at 9 a.m.: 2021 Susan G. Komen More Than Pink Virtual Walk

Join Miami Cancer Institute online to support one another, share stories of hope, raise important funds and save lives. Tune in for music, cheers and messages of support. Together, we will achieve our mission to live in a world without breast cancer.

Follow us virtually on Facebook [@SusanGKomen](#)

Wednesday, October 20 at 6 p.m.: Breast Cancer Myths Debunked

Jane Mendez, MD, Chief of Breast Surgery

Zoom ID: 942 5688 1111

Password: zoom

<https://baptisthealth.zoom.us/j/94256881111>

Join us as we dispel some popular myths and learn the facts about prevention and early detection of breast cancer.

Thursday, October 21 at 6 p.m.: The Importance of Early Screenings and Prevention During The Pandemic

Guilherme Rabinowits, MD, Medical Oncology,
John DeRosimo, MD, Thoracic Surgery and Grace Wang, MD, Medical Oncology

Zoom ID: 922 4387 4625

Password: zoom

<https://baptisthealth.zoom.us/j/92243874625>

Delays in screening due to the pandemic may lead to delayed diagnosis. Join a panel of Miami Cancer Institute experts to learn about the importance of maintaining routine screenings as a prevention tool.

Saturday, October 23 at 7:30 a.m.: American Cancer Society's Making Strides Against Breast Cancer

Making Strides Against Breast Cancer is a celebration of survivorship, an occasion to express hope and our shared determination to end breast cancer. This year, Miami Cancer Institute will be supporting this event virtually

Follow us virtually on Facebook [@Strides](#)

Tuesday, October 26 at 11 a.m.: Connect With The Expert: Treatment Options and Resources for Breast Cancer Patients

Lauren Carcas, MD, Medical Oncology and
Johana Del Rosario, LCSW

Zoom ID: 944 0025 9834

Password: zoom

<https://baptisthealth.zoom.us/j/94400259834>

Learn a range of treatment options available for breast cancer patients and resources to help you and your loved ones cope along the way.

Wednesday, October 27 at 7:30 p.m: Breast Cancer And Menopause: A Conversation About Age, Risk Factors, and Treatment Options

Katharine Lampen-Sachar, MD, Diagnostic Radiology and
Peggy Cottrell, MS, CGC, Genetics Program Coordinator,
Sharsheret

To register, please click [here](#).

Tune in for expert advice that a breast cancer patient can use to address menopause, age, risk factors and treatment options. This program is in partnership with Sharsheret.

Thursday, October 28 at 12 Noon: Coping With Cancer: Changes in Work, School and Home Life

Amanda Sweeney, LCSW and Angela Jaramillo, LCSW

Zoom ID: 945 4176 7159

Password: zoom

<https://baptisthealth.zoom.us/j/94541767159>

A virtual AYA program focused on navigating through changes in work, school and home life.

*To Receive
Our E-Newsletter:*



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



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

Weekly Exercise Virtual Programs



Mondays

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

4 p.m. | Zoom ID: 960 8255 5364

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

Get balanced and centered with yoga that promotes deep relaxation.

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 Torres, 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

6 p.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 Torres, 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.



**Password for all exercise programs:
zoom (lowercase)**



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