

May

Community Offerings

Password for all programs: zoom (lowercase)



Sunday, May 1 at 6:25 a.m. – 9:30 a.m.: Partners in Care's 10th Annual Head & Neck 5k Run & 2 Mile Walk

Location: Quiet Waters Park, 401 Powerline Rd.

To register, click [here](#).

Get ready for a 5k & 2-mile walk where all funds raised will be used locally to provide financial assistance to Head & Neck cancer patients in need and to conduct cancer screenings.

Tuesday, May 3 at 12 Noon: Connect With The Expert: Skin Cancer of The Head and Neck

Cesar Ochoa Perez, MD, Medical Oncology, Head and Neck, Thoracic

Zoom ID: 938 4518 1068

To register, click [here](#).

Understand the risk factors of skin cancer of the head and neck and how one can reduce their risk of developing this disease.

Tuesday, May 10 at 12 Noon: New Technologies to Diagnose Skin Cancer

Naiara Braghiroli, MD, Dermatology

Zoom ID: 967 1559 8032

Password: 103492

To register, click [here](#).

May is Skin Cancer Awareness month and it is one of the most common cancers and most preventable. Explore ways to lower your risk and the latest advances in technology to diagnose skin cancer.

This program is in partnership with Gilda's Club of South Florida.

Thursday, May 12 at 12 Noon: Saved By The Scan: The Importance of Lung Cancer Screenings

Mark Dylewski, MD, Chief of Thoracic Surgery, Miami Cancer Institute

Zoom ID: 982 0119 8852

To register, click [here](#).

Learn about risk factors and the benefits of lung cancer screenings as a tool for early detection.

Tuesday, May 17 at 12 Noon: Get Ahead of The Rays: A Melanoma Awareness Program

Michael Raisch, MD, Dermatology

Zoom ID: 950 8054 4246

To register, click [here](#).

Join Miami Cancer Institute's skin expert to hear the latest in treatment, prevention and early detection of skin cancer and melanoma.

Saturday, May 21 at 10 a.m.: Leukemia & Lymphoma Society's Manejo del Cáncer de Sangre y Efectos Secundarios

Michelle Bustamante PharmD, BCPPS, Farmacéutico de Hematología/Oncología Pediátrica

Para registrarse, haga clic [aquí](#).

Únete a la Sociedad de Lucha contra la Leucemia y el Linfoma, (LLS por sus siglas en inglés), para este programa de educación virtual gratuito dedicado a los pacientes y sus familias.

Saturday, May 21 at 12 Noon – 3 p.m.: BRCAStrong's Tee It Up At Top Golf

Location: Top Golf, Miami Gardens, 17321 NW 7 Ave.

To register, click [here](#).

Join BRCAStrong for a speaker series, fashion show and top golf. Enjoy lunch, network with Miami Cancer Institute experts, and learn about genetic monitoring and innovations on cancer treatment and prevention.

Tuesday, May 24 at 2 p.m.: Celebrity Chef Workshop

Chef Cindy Hutson, Miami Cancer Institute Culinary Ambassador

Zoom ID: 961 4504 7461

To register, click [here](#).

Enjoy a healthy food demonstration, delicious tasting and a new recipe by Celebrity Chef Cindy Hutson.

Thursday, May 26 at 12 Noon: Sun Safety and Skin Health

Naiara Braghiroli, MD, Dermatology

Zoom ID: 913 7290 2595

To register, click [here](#).

Learn the importance of protecting yourself and your skin from the sun as well as other risk factors and preventative actions.

Tuesday, May 31 at 12 Noon: Brain Metastasis: What to Know and What's New?

Rupesh Kotecha, MD, Radiation Oncology, Chief of Radiosurgery and Director of Central Nervous System Metastasis

Zoom ID: 918 2721 2656

To register, click [here](#).

Learning cancer has spread to the brain may feel like a huge step into unknown territory. Learn about brain metastasis and the latest advancements in treatment offered at Miami Cancer Institute.

Tuesday, May 31 at 12 Noon: BRCA Strong Instagram Live: Proton Therapy for Breast Cancer

Jessika Contreras, MD, Radiation Oncology

Follow [@MiamiCancerInstitute](#) and [@BRCAStrong](#) on Instagram to tune in!

Join us to learn how this cutting-edge technology can be used to treat breast cancer, reduce risks and decrease the odds of other tumors later in life.

To Receive Our E-Newsletter,
click [here](#) or email MCIEvents@baptisthealth.net



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

Weekly Exercise Virtual Programs

Password for all programs: zoom (lowercase)



Mondays

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

2 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

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 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.

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

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