

Miami Cancer Institute Programs

Week of July 5 – July 9

*In an effort to continue engaging and supporting our patients, caregivers and community, Miami Cancer Institute and Community Health are offering virtual exercise, meditation, and educational seminars via Zoom. Download the Zoom app at [Zoom.us](https://zoom.us). Use the password: **zoom** (lowercase letters) to join Virtual Community Health Classes.*



MONDAY, JULY 5

In observance of Fourth of July, Miami Cancer Institute will be closed. Classes will resume on Tuesday, July 6

TUESDAY, JULY 6

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

WEDNESDAY, JULY 7

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

THURSDAY, JULY 8

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

Alimentos Como Medicina

4 p.m. | Para registrarse, por favor visite <https://bit.ly/3h3HpSD>

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Miami Cancer Institute observes
Bone and Sarcoma Month



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

Miami Cancer Institute Programs

Week of July 12 – 16

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MONDAY, JULY 12

Gentle Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

Hematology & Blood Disorders Support Group

5:30 p.m. | For the Zoom ID, email EzequielK@BaptistHealth.net

TUESDAY, JULY 13

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Celebrity Chef Workshop

2 p.m. | Link: <https://baptisthealth.zoom.us/s/91382130637>

Caregiver Support Group

5:15 p.m. | For the Zoom ID, email AnnieGM@BaptistHealth.net

Patient Support Group

5:15 p.m. | For the Zoom ID, email RosaCai@BaptistHealth.net

Your Bosom Buddies Davie

6:30 p.m. | For more information, email YourBosomBuddies@gmail.com

WEDNESDAY, JULY 14

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Summer Safety

12 noon | Link: <https://baptisthealth.zoom.us/j/93181648007>

Password: 836530

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

THURSDAY, JULY 15

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

Just Diagnosed with Cancer: Treatment Options

3 p.m. | Link: <https://baptisthealth.zoom.us/j/95688871141>

Your Bosom Buddies Kendall

6:30 p.m. | For more information, email YourBosomBuddies@gmail.com

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BAPTIST HEALTH SOUTH FLORIDA

Miami Cancer Institute Programs

Week of July 19 – 23

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MONDAY, JULY 19

Gentle Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

TUESDAY, JULY 20

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Metastatic Support Group

1:30 p.m. | For the Zoom ID, email IvonneT@BaptistHealth.net

When Cancer Spreads to the Bone

2:30 p.m. | Link: <https://baptisthealth.zoom.us/j/98326318147>

WEDNESDAY, JULY 21

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Neuro Oncology Caregiver Support Group

10:30 a.m. | For the Zoom ID, email IvonneT@BaptistHealth.net

Connect with the Expert: The HPV Vaccine as Cancer Prevention

12 noon | Link: <https://baptisthealth.zoom.us/j/92564799097>

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

THURSDAY, JULY 22

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

Just Diagnosed with Cancer. Now What?

12 noon | Link: <https://baptisthealth.zoom.us/j/91402323696>

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BAPTIST HEALTH SOUTH FLORIDA

Miami Cancer Institute Programs

Week of July 26 – 30

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MONDAY, JULY 26

Gentle Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

TUESDAY, JULY 27

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Caregiver Support Group

5:15 p.m. | For the Zoom ID, email AnnieGM@BaptistHealth.net

Patient Support Group

5:15 p.m. | For the Zoom ID, email RosaCai@BaptistHealth.net

WEDNESDAY, JULY 28

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Young Women's Breast Cancer Support Group

12 noon | For the Zoom ID, email AnnieGM@BaptistHealth.net

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

THURSDAY, JULY 29

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

Just Diagnosed with Cancer: Emotional Support

12 noon | Link: <https://baptisthealth.zoom.us/j/94326436150>

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