

# June

# Community Offerings

Password for all programs: zoom (lowercase)



**Thursday, June 2 at 12 Noon**

**Immunotherapy: Transforming How Cancers Are Treated**

George Nahas, DO, Medical Oncology

**Zoom ID: 960 9711 6959**

To register, click [here](#).

Learn about the latest developments in immunotherapy as cancer treatment.

**Sunday, June 5 at 9 a.m.**

**American Cancer Society's Ride for Life**

**Location: Peterson's Harley-Davidson South**

**19825 South Dixie Highway Cutler Bay, FL 33157**

To register, click [here](#).

Ride For Life unites the motorcycle and jeep community in the fight against cancer as we ride to celebrate cancer survivors on National Cancer Survivors Day!

● **Tuesday, June 7 at 2 p.m.**

**Celebrity Chef Workshop**

Chef Cindy Hutson, Miami Cancer Institute Culinary Ambassador

**Zoom ID: 984 1088 1680**

To register, click [here](#).

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

● **Wednesday, June 8 at 2 p.m.**

**How To Cope With Anxiety**

Constanza Martinez, Pinanez, MD, Psychiatry

**Zoom ID: 916 6403 2161**

To register, click [here](#).

Tune in to learn a few strategies to help manage anxiety.

● **Thursday, June 9 at 12 Noon**

**Supermarket Navigation During Summertime**

Karla Pfaeffle-Palomo, MS, RDN, LDN, CSO, CDE, Supervisor of Clinical Nutrition

**Zoom ID: 937 4855 6847**

To register, click [here](#).

Going to the supermarket is not an easy task. Tune in for advice on how to grocery shop in a smarter and healthier way.

● **Friday, June 10 at 1 p.m.**

**In Honor of Survivors: Special Prayer and Meditation Session**

Reverend Guillermo Escalona M. Div, Pastoral Care Services

**Zoom ID: 921 5712 1564**

To register, click [here](#).

Join us for a mindfulness session of prayer and meditation to honor and celebrate the strength and resilience of all the lives that have been touched by a cancer diagnosis.

**Thursday, June 16 at 12 Noon**

**Connect With The Expert: Protect Your Prostate**

Kristen Millado, MD, Medical Oncology, Benign Hematology, Genitourinary

**Zoom ID: 920 4567 1950**

To register, click [here](#).

During Men's Health Month, learn about the risk factors for prostate cancer and what you might be able to do to help lower your risk.

**Tuesday, June 21 at 12 Noon**

**Exercise and Cancer Rehab during Survivorship**

Romer Orada, DO, Physical Medicine and Rehabilitation

**Zoom ID: 936 9848 6810**

To register, click [here](#).

Optimize health and wellness with evidence-based exercise guidelines for patients with cancer and cancer survivors. *This program is in partnership with Gilda's Club South Florida.*

**Thursday, June 23 at 12 Noon**

**A Survivor's Story: Living Well Beyond Cancer**

LB Irigoyen, Oncology Exercise Physiologist and Cathee Connor, CLM, Dance and Exercise Specialist

**Zoom ID: 918 2721 2656**

To register, click [here](#).

Tune in to learn how exercise can improve quality of life during and after cancer treatment and listen from a survivor on the positive impact that exercise has had on her journey.

**Wednesday, June 29 at 12 Noon**

**Be Kind To Your Mind: Stress Management Strategies**

Kristina Espinosa, Psy.D., PMH-C

**Zoom ID: 959 1009 1514**

To register, click [here](#).

Explore types of stress management and gain greater understanding for stress-reduction tools and strategies.



*Miami Cancer Institute will be observing **Survivor Week** from **June 6 to June 10***

**To receive our e-newsletter,**

click [here](#) or email [MCIEvents@baptisthealth.net](mailto:MCIEvents@baptisthealth.net)



**Miami Cancer Institute**

**BAPTIST HEALTH SOUTH FLORIDA**

# Weekly Exercise Virtual Programs

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## 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.

## Fridays

**Restorative Yoga** with Alex Torres, 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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