

September Virtual Programming



Wednesday, September 1 at 7 p.m.: BRCA Strong's Stand Up Comedy Show on Instagram Live

John P. Diaz, MD, Deputy Chief of Gynecologic Oncology and Comedian Karen Mills

Follow @BRCAStrong on Instagram to tune in!

Ovarian cancer couldn't stop Comedian Karen Mills from turning her pain into punchlines. Tune in to learn more from Survivor and Miami Cancer Institute expert.

Thursday, September 2 at 2 p.m.: Farm to Table

Thi Squire, Community Garden Manager of the Baptist Health Grow2Heal gardens

Zoom ID: 978 8729 7675

<https://baptisthealth.zoom.us/j/97887297675>

Find out why the farm to table trend is better for your health and how it focuses on the quality of food while benefiting your community and the environment. This program is in partnership with Gilda's Club South Florida.

Thursday, September 2 at 6 p.m.: Creating A Family After Cancer Treatment for Men

Ahmed Eldefrawy, M.D.

Zoom ID: 982 8678 2690

<https://baptisthealth.zoom.us/j/98286782690>

Learn how cancer surgery and treatment can affect fertility and hear about preservation options that are available after your cancer journey.

Tuesday, September 7 at 12 Noon: Just Diagnosed With Cancer: Now What?

Maria Cielo Lopez, RN and Anita Martin, RN

Zoom ID: 948 3537 9581

<https://baptisthealth.zoom.us/j/94835379581>

A cancer diagnosis creates an overwhelming amount of change. Tune in and join Miami Cancer Institute's Nurse Navigators as they provide guidance through some of the difficult decisions newly diagnosed patients face as they start their journey.

Thursday, September 9 at 2 p.m.: Nutrition: How to Prepare for Treatment

Karla P. Otero, MS, RDN, LDN, CSO, CDE

Zoom ID: 956 1890 4101 Password: 720299

[To register, click here.](#)

Miami Cancer Institute's oncology registered dietitian is prepared to share tips on how to fuel your body for cancer treatment. Learn which foods can serve for symptom management. This program is in partnership with Gilda's Club South Florida.

Thursday, September 9 at 6 p.m.: Connect With The Expert: What Every Woman Should Know About GYN Health

Ana Cecilia Botero, M.D., Radiation Oncology

Zoom ID: 987 2822 9836

<https://baptisthealth.zoom.us/j/98728229836>

Learn what every woman should know when it comes to their gynecologic health and the importance of maintaining regular examination routines for the prevention of chronic conditions, such as cancer.

Tuesday, September 14 at 2 p.m.: Celebrity Chef Workshop

Celebrity Chef Cindy Hutson and Monica Diaz, RD, LDN, CPT

Zoom ID: 918 6985 5902

<https://baptisthealth.zoom.us/j/91869855902>

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 an oncology registered dietitian your nutrition questions.

Password for all programs :
zoom (lowercase)



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

September Virtual Programming



Tuesday, September 14 at 4 p.m.: Gilda's Club Race for Hope: How to Prepare for a 5k

L.B. Irigoyen, Clinical Oncology Exercise Physiologist
Zoom ID: 990 0095 3488

[To register, click here](#)

Tune in for expert advice on how to prepare yourself for a 5k, plus a fitness Q&A. This program is in partnership with Gilda's Club South Florida Race for Hope.

Thursday, September 16 at 12 Noon: Just Diagnosed With Cancer: Treatment Options for Gynecologic Cancers

Jessika Contreras, MD, Eleftheria Kalogera, MD, and John Paul Diaz, MD, Deputy Chief of Gynecologic Oncology, Miami Cancer Institute

Zoom ID: 956 9197 6292

<https://baptisthealth.zoom.us/j/95691976292>

Join Miami Cancer Institute's expert panel as they discuss various treatment options available for gynecologic cancers.

Thursday, September 16 at 4 p.m.: Prostate Cancer: Advances in Treatment and Research

Adeel Kaiser, M.D.

Zoom ID: 934 1494 4919

[To register, click here](#)

Learn about the latest advances in treatment and research on prostate cancer, and get a chance to ask Dr. Kaiser all your questions. This program is in partnership with Gilda's Club South Florida.

Tuesday, September 21 at 12 Noon: Important Resources for Your Cancer Journey

Nayla Cepero, RN and Lucy Morales, RN

Zoom ID: 974 6961 3047

<https://baptisthealth.zoom.us/j/97469613047>

Do you have questions about your diagnosis, concerns about treatment or need recommendations for support programs? Tune in to learn how Nurse Navigators offer support every step of your journey so you and your families don't face these challenges alone.

Tuesday, September 21 at 4 p.m.: Gilda's Club Race for Hope: The Anti-Inflammatory Diet

Marianna Casas, RN, LDN

Zoom ID: 978 9564 5190

[To register, click here](#)

Learn how to choose foods that are anti-inflammatory while reducing the foods that can promote excessive inflammation. This program is in partnership with Gilda's Club South Florida.

Wednesday, September 22 at 11:30 a.m.: The Latest in Pediatric Cancer Clinical Trials

Matthew David Hall, MD, Radiation Oncologist

Zoom ID: 940 7184 1167

<https://baptisthealth.zoom.us/j/94071841167>

Miami Cancer Institute's lead pediatric radiation oncologist will breakdown the latest in pediatric cancer clinical trials, inclusion criteria, considerations as a participant, and the future of pediatric research.

Thursday, September 23 at 12 Noon: Just Diagnosed With Cancer: Emotional Support

Rosa Caiseda, CMSW

Zoom ID: 969 1788 3510

<https://baptisthealth.zoom.us/j/96917883510>

A cancer diagnosis can affect the emotional health of patients, families and caregivers. Tune in for strategies to cope with caregiving and information on a range of available resources.

Thursday, September 23 at 4 p.m.: Gilda's Club Race for Hope: In The Kitchen With Chef Eddie

Edgardo Llopiz Rivera, Executive Chef

Zoom ID: 968 1270 9781

<https://baptisthealth.zoom.us/j/96812709781>

Join us for a healthy food demonstration by Executive Chef of the Cafe at Miami Cancer Institute. This program is in partnership with Gilda's Club South Florida.



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Tuesday, September 28 at 2 p.m.: Building A Balanced Meal

Carla Duenas, MS, RD, LD/N

Zoom ID: 987 5211 5097

[To register, click here](#)

Eating healthy can look different to everyone and it can be easier and tastier than you think. Join Community Health registered dietitian as she shares quick tips to build a healthy plate just for you!

Wednesday, September 29 at 7 p.m.: BRCA Strong's Hereditary Breast and Ovarian Cancer Program

Eleftheria Kalogera, M.D. M.Sc., Gynecologic
Oncology

Follow @BRCAStrong on Instagram to tune in!

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

Thursday, September 30 at 12 Noon: Just Diagnosed With Cancer: Healthy Lifestyles

Marie M. Fernandez MSN, APRN, ANP-BC and
Dominique Symonette, MS, RD, CDN

Zoom ID: 933 8167 7861

<https://baptisthealth.zoom.us/j/93381677861>

Learn about the benefits of a healthy diet, exercise and activities that promote relaxation, sleep, and overall wellbeing during your cancer journey.

Thursday, September 30 at 12 Noon: BRCA Strong's Hereditary Breast and Ovarian Cancer Program

Alejandra Cantu Villarreal, MS, GSC, Genetic
Counselor

Follow @BRCAStrong on Instagram to tune in!

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

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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 programs:
zoom (lowercase)**



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