

# OCTOBER

## Support Groups & Workshops

Mount Sinai  
MEDICAL CENTER  
Comprehensive Cancer Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ▶ Art Classes 1:30-3 pm [E] RSVP 305-535-3362	2	3 ▶ Meditation Session 9:00-10:00 am [A] RSVP 305-535-3407
6 ▶ "Look Good... Feel Better" 9:30 - 11:15 am [B] RSVP 305-535-3407	7	8 ▶ Art Classes 1:30-3 pm [E] RSVP 305-535-3362	9	10 ▶ Meditation Session 9:00-10:00 am [A] RSVP 305-535-3407
13	14 ▶ Woman's Support Group 12-1:15 pm[A] RSVP 305-535-3362	15 ▶ Art Classes 1:30-3 pm [E] RSVP 305-535-3362	16	17 ▶ Meditation Session 9:00-10:00 am [A] RSVP 305-535-3407
20	21 ▶ Ladies Spa Day 10:30-3:30 [B] RSVP 305-535-3407 ▶ Bereavement Group 12:30-1:30 pm[C] RSVP 305-692-5417	22 ▶ Art Classes 1:30-3 pm [E] RSVP 305-535-3362 ▶ Bereavement Group [D] 2:00 - 3:00 p.m. RSVP 305-535-3362	23	24 ▶ Meditation Session 5:00-6:00 pm [A] RSVP 305-535-3407
27	28 ▶ Woman's Support Group 12-1:15 pm [A] RSVP 305-535-3362	29 ▶ Art Classes 1:30-3 pm [E] RSVP 305-535-3362	30	31

October 2008



Location [A]: The Mount Sinai CCC, Glass Building - Oncology Supportive Care Services Conference Room

Location [B]: The Mount Sinai CCC, Glass Building - Main Conference Room. Registration needed; call: 305-535-3407.

Location [C]: North Miami Beach Public Library, 1601 NE 164 Street, North Miami Beach. To register, call: 305-692-5417.

Location [D]: The Mount Sinai CCC, Glass Building - Radiation Oncology Conference Room.

Registration needed; call: 305-535-3407 or 305-535-3362.

Location [E]: ArtCenter, 924 Lincoln Road, Ste 205. Registration needed; call: 305-535-3362.

# SUPPORT **Support Groups & Workshops** WORKSHOPS

Thank you for joining Mount Sinai Comprehensive Cancer Center as we endeavor to provide programs and events to complement your care. Program descriptions are listed below.

For additional information please contact Mount Sinai Comprehensive Cancer Center, Department of Psychosocial Services, (305) 535-3362.

## Art Classes

A complimentary program held at the South Florida ArtCenter on Lincoln Road. Participants learn how to express themselves creatively using different artistic media such as paint, clay, beads, and weaving.

## Look Good...Feel Better

A complimentary make-over and skin care program for women receiving or recently completing treatment for cancer.

## Meditation Session

A complimentary program to teach cancer patients and caregivers tools for coping with stress.

## Women's Support Group

A complimentary bi-weekly support group to help women through all stages of cancer treatment and recovery.

## Patient Support Group

A complimentary support group to help cancer patients through all stages of treatment and recovery.

## Breast Cancer Awareness Month

**According to experts, a healthy diet and physical activity could reduce the incidence of breast cancer by 33 to 50 percent.**

### Guidelines for Reducing Your Risk of Breast Cancer

1. Get moving every day. Physical activity can help reduce breast cancer risk. Walk, swim, garden, dance, or ride your bike. Housework even counts!
2. Maintain a healthy weight. The risk of postmenopausal breast cancer increases with obesity. Make sure your portion sizes match your calorie needs. Eating more vegetables and fruits can help you cut down on higher-calorie and high-fat foods on your plate.
3. Eat a mostly plant-based diet with a large variety of vegetables, fruits, whole grains and beans. Make a point to eat at least five servings of vegetables and fruits each day.
4. If you drink alcohol, use moderation. Women should have no more than one drink a day. And if you don't drink, don't start.

