

Nancy Marx Cancer Wellness Center

JUNE 2019 PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 GENTLE YOGA & MEDITATION* 9-10:30am	3 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm MALE CANCER DISCUSSION GROUP 12:15-1:30pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	4 WATER WORKOUT* 11:45am-12:30pm	5	6 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	7 RESTORATIVE MOVEMENT* 11:30am-12:15pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm DISCUSSION GROUP FOR ALL 1:30-2:15pm	8
9	10 NO CLASSES SHAVUOT	11 WATER WORKOUT* 11:45am-12:30pm	12 VOLUNTEER ADVISORY COMMITTEE MEETING* 10:30am-12pm THE EMPOWERED PATIENT: MOVING FROM VULNERABLE TO VICTORIOUS IN YOUR BREAST CANCER JOURNEY* 7-8:30pm	13 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	14 RESTORATIVE MOVEMENT* 11:30am-12:15pm METASTATIC, ADVANCED OR RECURRENT GROUP 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm DISCUSSION GROUP FOR ALL 1:30-2:15pm	15
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23 GENTLE YOGA & MEDITATION* 9-10:30am	24 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	25 WATER WORKOUT* 11:45am-12:30pm	26	27 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	28 RESTORATIVE MOVEMENT* 11:30am-12:15pm METASTATIC, ADVANCED OR RECURRENT GROUP 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm DISCUSSION GROUP FOR ALL 1:30-2:15pm	29
30 GENTLE YOGA & MEDITATION* 9-10:30am						

*PRE-REGISTRATION REQUIRED. REGISTER AT SJJCC.ORG/CANCERWELLNESS. PROGRAMS FREE UNLESS SPECIFIED. SEE BACK FOR MORE INFORMATION.

JUNE 2019 PROGRAMS

All exercise programs will run for 12 weeks, with an assessment done at the conclusion of the program.

Programs are free unless otherwise specified.

Free valet parking available Monday-Friday, 8:30am-2:30pm

EXERCISE PROGRAMS

Physician's clearance & phone intake prior to participation required.

BREAST CANCER EXERCISE STRENGTH TO STRENGTH 101*

Exercise designed to the specific needs of women with breast and other gynecologic cancers.

BREAST CANCER EXERCISE STRENGTH TO STRENGTH 201*

For those who have attended Breast Cancer Exercise STS 101 and have received the approval of the social worker and cancer exercise specialist to move to a transitional exercise class. This 12-week class will reinforce your increased strength and stamina, and will assist in preparing you to enter regular programming at the JCC.

\$120 / members free

CALM YOUR SPIRIT MEDITATION

Learn how to calm your mind through mindful meditation instruction.

GENERAL EXERCISE STRENGTH TO STRENGTH 101*

Full body conditioning tailored to meet the needs of all.

GENERAL EXERCISE STRENGTH TO STRENGTH 201*

For clients who have completed General Exercise STS 101 and have received the approval of the social worker and cancer exercise specialist to move to a transitional exercise class. This 12-week class will reinforce your increased strength and stamina, and will assist in preparing you to enter regular programming at the JCC.

\$120 / members free

GENTLE YOGA & MEDITATION*

Start your week with a combination of postures, rhythmic breathing, and meditation to reduce fatigue, anxiety, and restore a feeling of wellness.

RESTORATIVE MOVEMENT FOR THOSE IN ACTIVE CANCER TREATMENT*

A gentle, full body workout for those undergoing cancer treatment. Gain muscle strength, boost energy, manage stress, increase blood flow, and enhance your quality of life. Exercises done in a seated position.

WATER WORKOUT*

Engage in low impact movements, stretching and breathing exercises to strengthen your upper and lower body in our heated pool. Open to all survivors.

**FOR MORE INFORMATION, CONTACT REISA BRAFMAN,
PROGRAM COORDINATOR, 516.484.1545 EXT. 228,
RBRAFMAN@SJCC.ORG**

DISCUSSION GROUPS

BREAST/GYNECOLOGIC CANCER SURVIVORS

Meet with others to discuss assorted topics related to your cancer experience. Caregivers welcome.

MALE CANCER SURVIVORS

For all male cancer survivors of any age. Peer led by Scott Gassman, cancer survivor and change management practitioner.

ALL CANCER SURVIVORS

Meet with other like-minded people to discuss assorted topics related to your experience. Caregivers welcome. For men and women.

METASTATIC, ADVANCED OR RECURRENT CANCER SURVIVORS

This group is for people with recurrent, advanced or metastatic cancer. Meets the 2nd and 4th Friday of every month.

SPECIAL EVENTS

POWER OF WORDS WITH LESLIE POPKIN

Put pen to paper to awaken the writer within you.

THE EMPOWERED PATIENT: MOVING FROM VULNERABLE TO VICTORIOUS IN YOUR BREAST CANCER JOURNEY*

Wednesday, June 12, 7-8:30pm

Awarded the "practice of excellence" by the American Society of Plastic Surgeons, Aesthetic Plastic Surgery, PC is a unique medical model. Founded by Dr. Randall Feingold and Dr. Ron Israeli, this distinctive practice offers the Patient Empowerment Program as part of their integrative approach. Created by Mollie Sugarman, the program has been featured in several national journals and in The Shriver Report". This workshop will provide valuable tools and strategies to assist you in becoming informed and engaged about your self-care. Advance registration required. For more information and to register, visit sjcc.org/empowered.

COMMUNITY PARTNERS (in alphabetical order)

Adelphi New York Statewide Breast Cancer Hotline & Support Program
American Cancer Society
Beth C. Tortolani Foundation
The Cancer Institute at St. Francis Hospital
Go With Courage
Great Neck Breast Cancer Coalition
The Leukemia & Lymphoma Society - Long Island Chapter
Manhasset Women's Coalition Against Breast Cancer
Mondays at Racine
National Ovarian Cancer Coalition
Northwell Health
Project Independence
Sharsheret

Partial funding for Breast Cancer Programming and Services provided by:

Beth C. Tortolani Foundation
Manhasset Women's Coalition Against Breast Cancer
New York State Department of Health

Partial Funding for We've Got Your Back Family Cancer Support provided by:

Go With Courage
Sid Jacobson JCC's New Leadership Group



SJCC.ORG