



Baptist Health

Miami Cancer Institute

April Programming

Thursday, April 4 at Noon

**Brain-Boosting Behaviors:
Maintaining Cognitive Health**

Constanza Martinez Piñanez, M.D., psychiatry
Zoom ID: **992 8246 9474** | To register, click [here](#).
Empower yourself with tools to optimize and preserve your mental well-being.

Tuesday, April 9 at Noon

30-Minute Expert Talk: Screening for Breast Cancer

Starr Mautner, MD, breast surgical oncology
Zoom ID: **974 5702 8028** | To register, click [here](#).
Gain valuable insights into the latest advancements and crucial considerations in screening for breast cancer from Miami Cancer Institute expert.

Thursday, April 11 at 12:15 p.m.

The Link Between HPV and Head and Neck Cancer

Alessandro Villa, D.D.S., Ph.D., M.P.H., chief of oral medicine, oral oncology, and dentistry
Zoom ID: **992 7575 0877** | To register, click [here](#).
Explore the intricate connection between a common viral infection and the development of head and neck cancers.



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Password for all virtual programs is **zoom** (lowercase), unless otherwise stated.

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Sabado, 13 de Abril a las 8 a.m.

**305 Pink Pack's Simposio de Mujeres
Hispanas: Empoderamiento e
Innovación En El Cáncer**

Doral Park Country Club –

5001 NW 104th Ave, Doral, FL 33178

Las invitamos a un evento especial enfocado en el empoderamiento e innovación en la lucha contra el cáncer. Acompáñenos a disfrutar de un desayuno mientras obtiene información valiosa sobre los tipos de cáncer que más nos afectan a las mujeres latinas. Este evento es gratuito. Para más información visite

305PinkPack.org/CancerEnEspañol

Saturday, April 13 at 10 a.m.

Baptist Health Fit Fest

Zoo Miami – 12400 SW 152nd St.

Miami, FL 33177

Join Baptist Health's exciting family-friendly day filled with fun activities and workouts for all ages and levels, featuring special guest performances, delicious healthy bites & more!

Experience the best of community wellness and make unforgettable memories with your friends and family! All for free! Visit Eventbrite.com/d/FL--Miami/Baptist-Health-Fit-Fest/ for more information.

Saturday, April 13 at 3 p.m.

**American Cancer Society's Relay for Life
of Plantation and Sunrise**

Plantation Central Park – 9151 NW 2nd St., Plantation, FL 33324

Come together with your local community to celebrate cancer survivors, remember loved ones, and fight back against cancer in an event that celebrates, remembers and fights back for all of those impacted by cancer. Enjoy fun activities for the whole family, live music, live entertainment, delicious food, games, raffles, and more. For more information, visit

RelayForLife.org/PlantationandSunriseFL

Sunday, April 14 at 10 a.m.

18th Annual Deering Seafood Festival

Deering Estate: 16701 SW 72nd Avenue, Palmetto Bay, FL 33157

The Deering Estate welcomes families of all ages to experience fresh seafood, chef demos, live entertainment, and kid activities. Guests can look forward to various food and drink vendors, a chef demo tent, and an array of entertainment and activities for all. For more information, visit

Deeringestate.org/events/deering-seafood-festival/

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Tuesday, April 16 at Noon

What is Precision Medicine in Cancer Care?

Govindarajan Narayanan, MD, chief of interventional oncology

Zoom ID: **995 1988 2099**

To register, click [here](#).

Discover the revolutionary method of customizing cancer treatment for individual patients, taking into account their distinct genetic and molecular characteristics, transforming the landscape of oncology.

Thursday, April 18 at 6 p.m.

The Breast Cancer Clinical Trials: What You Need To Know

In partnership with Foundation Victory Over Cancer and Total Health, Advancing Care through Education

Farmers Table Palm Beach - 951 FL-1 Boca Raton, FL 33408

Free registration at TotalHealthOncology.com/BreastCancerClinicalTrials

Moderated by chief of breast medical oncology, Reshma Mahtani, D.O.

A dinner program series designed to give people living with breast cancer the opportunity to learn and share from community experts and patient advocates. The focus is to increase awareness and representation in clinical trials for breast cancer.

Saturday, April 20 at 7:30 a.m.

Swim Across America

Founders Park – 87000 Overseas Hwy, Islamorada, FL 33036

Swimmers of all ages and skill levels are welcome to participate in the 3rd annual Swim Across America at the Founders Park in the beautiful Islamorada. Spectators and supporters are welcome to join in the fun! Proceeds will support early-stage cancer research at Miami Cancer Institute.

For more information, visit SwimAcrossAmerica.org/FloridaKeys.

Tuesday, April 23 at 2 p.m.

Celebrity Chef Workshop

Chef Cindy Hutson, Miami Cancer Institute's Culinary Ambassador and Natacha Borrajo, RDN, Wellness Dietitian

Miami Cancer Institute 3rd Floor Demo Kitchen: 8900 N. Kendall Dr. Miami, FL 33176.

For in person participation, please call **786-527-7680**.

Indulge in a flavorful journey as a seasoned chef and a nutrition expert team up to demonstrate delicious and nourishing recipes.

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Wednesday, April 24 at 2 p.m.

Grow Green: Sustainable Gardening for Earth Day

Thi Squire, Grow2Heal Community Garden Manager at Baptist Health Miami Cancer Institute 3rd Floor Media Flex: 8900 N. Kendall Dr., Suite 3W131 Miami, FL 33176
To RSVP, please call **786-527-7680**.

Join our expert-led workshop to discover eco-friendly gardening practices, learn about composting, and explore the benefits of native plants in celebrating Earth Day.

Thursday, April 25 at 10 a.m.

30-Minute Expert Talk: Screening for Lung Cancer

Lisellet Morin, MS, PA-C
Zoom ID: **934 1667 3534**

To register, click [here](#).

Explore the latest advancements and key insights in efficient and comprehensive lung cancer screening.

Thursday, April 25 at Noon

Measuring Your Cancer Risk & Genetic Testing

Arelis Martir-Negron, M.D, clinical genetics and Jessica Kreamer, genetic counselor

Zoom ID: **976 4419 0873** |

To register, click [here](#).

Discover personalized insights into your health through advanced genetic analysis, offering a comprehensive assessment of potential cancer risks.

Thursday, April 25 at 6:30 p.m.

Sofia's Hope Wine and Cheese Event

University of Miami Newman Alumni Center – 6200 San Amaro Dr.,
For tickets, click [here](#). Join us at the 11th Annual Wine & Cheese event in support of Sofia's Hope to continue serving childhood cancer patients and their families at all points in their journey.

Saturday, April 27 at 7 a.m.

PanCAN PurpleStride Miami

Tropical Park: 7900 Bird Rd Miami, FL
Walk around the event village, grab a snack, write on the tribute wall, take pictures with your family and friends in the photo area, and be inspired during the opening ceremony before you set off on the ultimate walk to end pancreatic cancer along with survivors, families, caregivers, researchers, and supporters in your community. For more information, visit PurpleStride.org/Miami

Tuesday, April 30 at 4 p.m.

Latest Technology in Screening and Treatment of Head & Neck Cancers

Cesar Ochoa, MD, medical oncology
Zoom ID: **994 4178 2732**

To register, click [here](#).

Explore cutting-edge advancements in identifying and addressing head and neck cancers with this program focused on the most recent technological innovations in screening and treatment.



Baptist Health

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Weekly Exercise Programs

Password to attend virtually:

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In person location: 8900 N Kendall Dr.,
Miami, FL 33176.

3rd Floor, Media Flex Room **3W131**

Disclaimer: Please note all classes are complimentary to Miami Cancer Institute patients and caregivers. In-person participation is open for Miami Cancer Institute patients only at a limited capacity and on a first come, first served basis.

If you are not a Miami Cancer Institute patient, you may attend virtually. For questions, please contact MCIEvents@BaptistHealth.net.

Every Monday

Gentle Yoga at 10 a.m.

with Alex Grau, Miami Cancer Institute Instructor

*In person and virtual



Zoom ID: **987 4869 0839**

<https://baptisthealth.zoom.us/j/98748690839>

Connect on the mat with a complimentary light form of yoga.

Every Tuesday

Mat Pilates & Dance at

12:30 p.m. with Rosanna

Deguzman, Miami Cancer Institute Instructor

*In person and virtual



Zoom ID: **960 4090 4126**

<https://baptisthealth.zoom.us/j/96040904126>

Class starts with a 45-minute Pilates Mat class and finishes with 15 minutes of joyful movements and dance.

Every Wednesday

Gentle Stretch & Relaxation at

10 a.m. with Cathee Connor,

Dance & Exercise Specialist

*Virtual only



Zoom ID: **926 4646 3439**

<https://baptisthealth.zoom.us/j/92646463439>

Release tension and relax with a gentle stretching session.

Chair Pilates at 11 a.m. with

Rosanna Deguzman, Miami Cancer Institute Instructor

*In person and virtual only

Zoom ID: **920 4619 2345**

<https://baptisthealth.zoom.us/j/92046192345>

Perform a combination of light muscle building exercises using chairs.

Every Friday

Restorative Yoga at 9 a.m. with

Alex Grau, Miami Cancer Institute Instructor

*In person and virtual

Zoom ID: **984 4458 6182**

<https://baptisthealth.zoom.us/j/98444586182>

Get balanced and centered with yoga that promotes deep relaxation.