



**Baptist Health**

Miami Cancer Institute

# March Programming

**Saturday, March 2 at 8 a.m.**

**American Lung Association:  
Fight For Air Climb – Miami**

LoanDepot Park: 501 Marlins Way, Miami, FL 33125  
Join the fight for healthy lungs and healthy air at the American Lung Association's Premier Stair-Climbing event in South Florida. To register, click [here](#).

**Sunday, March 3 at 1 p.m.**

**The Inaugural Little Jam Fest by Jam With Jamie**

Bloom at Jungle Island:  
1111 Parrot Jungle Trail, Miami, FL 33132  
A first of its kind family music festival in Miami. Enjoy an explosion of art and music with various interactive experiences for kids, delicious food, all in the beautiful Jungle Island. Miami Cancer Institute dermatology team will be offering free skin cancer screenings for those 18 years or older. For tickets, click [here](#).

**Tuesday, March 5 at Noon**

**Latest On Treatment: CAR-T Cell Therapy**

George R. Nahas, DO, medical oncology, hematologic malignancies, stem cell transplants  
Zoom ID: **926 9944 1387** | To register, click [here](#).  
Join Miami Cancer Institute expert to learn about chimeric antigen receptor (CAR) T-cell therapy and what are some indications, benefits, and side effects to this treatment.



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

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**Thursday, March 7 at 10 a.m.**

**30-Minute Expert Talk:  
Social Work in Action**

Amanda Sweeney, LCSW, OSW-C

Zoom ID: **976 3213 5323**

To register, click [here](#).

Join a 30-minute virtual discussion, where oncology experts share valuable insights and provide guidance to support you on your journey.

**Thursday, March 7 at Noon**

**What You Need to Know About  
Colorectal Cancer**

Sarah N. Joseph, M.D., medical oncology, gastrointestinal

Zoom ID: **915 0324 3327**

To register, click [here](#).

Tune in to uncover the prevalence of colorectal cancer and what signs and symptoms to look out for, explore ways that may reduce your risk of colorectal cancer and the importance of screenings for early detection.

**Saturday, March 9 at 10 a.m.**

**Baptist Fit Fest**

Miami Dade College - West Campus:  
3800 Northwest 115th Avenue Doral, FL  
33178

Enjoy an exciting family-friendly day filled with fun activities and workouts for all ages and levels, featuring music by DJ Gringo, special guest performances, delicious healthy bites & more.

For more information, click [here](#).

**Wednesday, March 13 at Noon**

**Navigating Breast Cancer With  
Knowledge, Community and Creative  
Expression**

In person at Baptist Health Community Hub 4th Floor – Suite 400:

1228 S. Pine Island Rd., Plantation, FL

33324. To register, call **786-527-7680** or click [here](#).

Join Dr. Naomi Dempsey, M.D. and social worker, Johana Del Rosario, LCSW as they go beyond the diagnosis and share valuable resources to get the most out of your treatment.

Special guest performance by Dr. Keryn Hughes, Ph.D. on violin and Dr. Naomi Dempsey, M.D. on flute.

**Thursday, March 14 at 10 a.m.**

**30-Minute Expert Talk: Nurse Navigation**

Rosaura Tavarez BSN, RN, OCN, nurse navigator

Zoom ID: **934 8297 0399**

To register, click [here](#).

Join a 30-minute virtual discussion, where oncology experts will share valuable insights and provide guidance to support you on your journey.

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**Thursday, March 14 at 6 p.m.**

**Strings & Songs: From Beethoven to Pop featuring New World Symphony Fellows**

Miami Cancer Institute is partnering with New World Symphony to bring the community discovery and innovation by intersecting the world of medicine, wellness and music. Join Alan Tolbert and New World Symphony fellows for a special evening of music dedicated to patients and survivors. Taking place at Miami Cancer Institute, 1st Floor Café. 8900 N Kendall Dr. Miami, FL 33176.

To register, please call **786-527-7680** or click [here](#).

**Friday, March 15 at 6 p.m.**

**American Cancer Society's Relay for Life: Florida International University**

Ryder Business Building: 11200 SW 8<sup>th</sup> St., Miami, FL

Come together to support and celebrate cancer survivors and caregivers for a night of community as we walk to commemorate and honor everyone impacted by cancer. For more information, click [here](#).

**Saturday, March 16 at 5:30 a.m.**

**Bounce Back from Cancer™**

Get Involved in Bounce Back from Cancer™ by registering, donating, or inviting family, friends, and colleagues to support you on a fun-filled day of activities, all to benefit Miami Cancer Institute. Funds raised through Bounce Back from Cancer™ will help Miami Cancer Institute conduct breakthrough research and lifesaving clinical trials, right here at home.

To learn more, click [here](#).

**Saturday, March 16 at 3 p.m.**

**American Cancer Society's Relay for Life: Broward Power**

9401 Stirling Rd. Cooper City, FL

Come together to support and celebrate cancer survivors and caregivers for a night of community as we walk to commemorate and honor everyone impacted by cancer. For more information, click [here](#).

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**Tuesday, March 19 at 2 p.m.**

**Celebrity Chef Workshop: In-Person and Virtual**

Chef Cindy Hutson, Miami Cancer Institute's culinary ambassador and Natacha Borrajo, RDN, wellness dietitian. For in person participation, please call

**786-527-7680**. For virtual attendance, Zoom ID: **988 5587 2363**

To register virtually, click [here](#).

Join Celebrity Chef Cindy Hutson for a healthy and delicious food demonstration and ask Natacha Borrajo, registered dietitian all your nutrition questions.

**Thursday, March 21 at 10 a.m.**

**30-Minute Expert Talk: Financial Resources**

Krista Kleyla, patient financial counselor

Zoom ID: **946 7493 0777** | To register, click [here](#).

Join a 30-minute virtual discussion, where experts will share valuable insights and provide guidance to support you on your journey.

**Thursday, March 21 at Noon**

**Your Gut Feeling - Healthy Habits for Digestive Health**

In partnership with Gilda's Club of South Florida

Lori Halton, RD, LDN, CSO

Zoom ID: **912 5678 1439**

To register, click [here](#).

Explore practical tools to develop and maintain healthy habits for optimal digestive and gut health that may reduce the risk of colorectal cancer.

**Saturday, March 23 at 5 a.m.**

**Annual Head & Neck 10K and 5K Run/2-Mile Walk by Partners In Care**

Tropical Park: 7900 Bird Rd Miami, FL US 33155

Get your shoelaces ready to run or walk at the beautiful Tropical Park in Miami. All funds raised will be used locally by Partners in Care Foundation to provide financial assistance to head and neck cancer patients in need and to provide head and neck cancer screenings. The Miami Cancer Institute head and neck oncology team will offer free head and neck screenings.

To register, click [here](#).

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**Wednesday, March 27 at 2 p.m.**

**Advanced Survivorship Care**

Marie M. Fernandez, MSN, APRN, ANP-BC

Zoom ID: **923 3247 4707**

To register, click [here](#).

Are you a cancer survivor? Tune in to learn about the meaning of being a survivor and the importance of having a survivorship plan for a better quality of life.

**Thursday, March 28 at 10 a.m.**

**30-Minute Expert Talk:**

**What is Pastoral Care**

Reverend Guillermo Escalona, M.Div,  
director of pastoral care

Zoom ID: **925 7544 2838**

To register, click [here](#).

Join a 30-minute virtual discussion, where oncology experts will share valuable insights and provide guidance to support you on your journey.

**Thursday, March 28 at Noon**

**Fear of Cancer Recurrence**

Constanza Martinez Piñanez, MD,  
psychiatry

Zoom ID: **964 9801 4340**

To register, click [here](#).

Gain valuable insights and coping strategies to navigate the emotional challenges associated with the persistent fear of cancer returning, fostering mental well-being and resilience.

**Saturday, March 30 at 7 a.m.**

**4th Annual Blue Hope Colon  
Cancer Awareness 5K**

Miramar Regional Park: 16801  
Miramar Pkwy, Miramar, FL US  
33027

Join Miami Cancer Institute as we come together at the annual Blue Hope Colon Cancer Awareness 5K presented by

We Stand Together, Inc. to encourage, uplift, and support those in our community impacted by cancer. To register, click [here](#).

To receive our free  
electronic newsletter for the  
latest updates on programs,  
events and exercise classes,  
**[click here](#)**.



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# Weekly Exercise Programs

Password to attend virtually:

**zoom** (lowercase).

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](mailto: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.

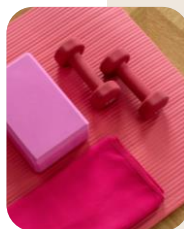
## Every Wednesday

### 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.