

December Virtual Programming



Wednesday, December 1 at Noon: Food for The Soul

Reverend Guillermo Escalona, M. Div

Zoom ID: 928 8054 8722

<https://baptisthealth.zoom.us/j/92880548722>

Discover how to apply practical actions for feeding the soul from the table of forgiveness, love and peace as we get ready for the holiday season.

Thursday, December 2 at Noon: Female Sexual Health – What You Need To Know for a Healthy Sex Life

Christopher Gomez, MD, Female Urology, Urology

Zoom ID: 976 7817 1423

<https://baptisthealth.zoom.us/j/97678171423>

Join Miami Cancer Institute's expert to understand underlying factors and options available to help manage your sexual health goals and needs.

Tuesday, December 7 at 2 p.m.: Celebrity Chef Workshop

Chef Cindy Hutson, Miami Cancer Institute Culinary Ambassador and Monica Diaz, DN, LDN, CPT

Zoom ID: 917 4810 6367

<https://baptisthealth.zoom.us/j/91748106367>

Get in the holiday spirit and enjoy a healthy food demonstration, delicious tasting and a new recipe by Celebrity Chef Cindy Hutson. Learn her cooking secrets and ask an oncology registered dietitian your nutrition questions.

Password for all programs:

zoom (lowercase)

For more information about the services offered for patients and caregivers, email MCIEvents@BaptistHealth.net or visit cancer.baptisthealth.net/miami-cancer-institute/patient-support

Thursday, December 9 at Noon: Skin Care and Makeover Tips During and After Treatment

Naiara Braghiroli, MD, Dermatology and Whitney Ash, Miami Cancer Institute Gift Shop Buyer/Merchant

Zoom ID: 963 6272 2204

<https://baptisthealth.zoom.us/j/96362722204>

Learn how to care for your skin during and after treatment, as well as beauty techniques, from Miami Cancer Institute experts.

Tuesday, December 14 at 2 p.m.: The Importance of Staying Active During The Holidays

James Cleary, Oncology Exercise Physiologist

Zoom ID: 983 1211 0673

<https://baptisthealth.zoom.us/j/98312110673>

Learn the importance and benefits of keeping your health habits on track during the holidays.

Thursday, December 16 at 2 p.m.: Supermarket Navigation During The Holidays

Karla Pfaeffle-Palomo, MS, RDN, LDN, CSO, CDE

Zoom ID: 915 5241 4803

<https://baptisthealth.zoom.us/j/91552414803>

Going to the supermarket is not an easy task. Join an oncology registered dietitian for advice on how to grocery shop smarter and healthier.

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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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