

Miami Cancer Institute Programs

Week of August 2 – 6

*In an effort to continue engaging and supporting our patients, caregivers and community, Miami Cancer Institute and Community Health are offering virtual exercise, meditation, and educational seminars via Zoom. Download the Zoom app at [Zoom.us](https://zoom.us). Use the password: **zoom** (lowercase letters) to join Virtual Community Health Classes.*



MONDAY, AUGUST 2

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

TUESDAY, AUGUST 3

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Learn About Lung Cancer

12 Noon | Link: <https://baptisthealth.zoom.us/j/93831433508>

Gentle Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

WEDNESDAY, AUGUST 4

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

THURSDAY, AUGUST 5

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

Just Diagnosed with Cancer: Healthy Lifestyles

12 Noon | Link: <https://baptisthealth.zoom.us/j/99378488818>

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Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

Miami Cancer Institute Programs

Week of August 9 – 13

*In an effort to continue engaging and supporting our patients, caregivers and community, Miami Cancer Institute and Community Health are offering virtual exercise, meditation, and educational seminars via Zoom. Download the Zoom app at [Zoom.us](https://zoom.us). Use the password: **zoom** (lowercase letters) to join Virtual Community Health Classes.*



MONDAY, AUGUST 9

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

Hematology & Blood Disorders Support Group

5:30 p.m. | For the Zoom ID, email EzequielK@BaptistHealth.net

TUESDAY, AUGUST 10

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Men's Health: Screenings That Can Save Your Life

11:30 a.m. | Link: <https://baptisthealth.zoom.us/j/95559203800>

Gentle Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

Caregiver Support Group

5:15 p.m. | For the Zoom ID, email AnnieGM@BaptistHealth.net

Patient Support Group

5:15 p.m. | For the Zoom ID, email RosaCai@BaptistHealth.net

Your Bosom Buddies Davie

6:30 p.m. | For more information, email YourBosomBuddies@gmail.com

WEDNESDAY, AUGUST 11

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

THURSDAY, AUGUST 12

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

The Importance of Physical Activity In The Treatment of Prostate Cancer

12 Noon | Link: <https://baptisthealth.zoom.us/j/95688871141>

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Miami Cancer Institute Programs

Week of August 16 – 20

*In an effort to continue engaging and supporting our patients, caregivers and community, Miami Cancer Institute and Community Health are offering virtual exercise, meditation, and educational seminars via Zoom. Download the Zoom app at [Zoom.us](https://zoom.us). Use the password: **zoom** (lowercase letters) to join Virtual Community Health Classes.*



MONDAY, AUGUST 16

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

TUESDAY, AUGUST 17

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Metastatic Support Group

1:30 p.m. | For the Zoom ID, email IvonneT@BaptistHealth.net

Celebrity Chef Workshop

2 p.m. | Link: <https://baptisthealth.zoom.us/j/96835877405>

Gentle Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

WEDNESDAY, AUGUST 18

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Neuro Oncology Caregiver Support Group

10:30 a.m. | For the Zoom ID, email IvonneT@BaptistHealth.net

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

The Importance of Early Screenings and Prevention After The Pandemic

6 p.m. | Link: <https://baptisthealth.zoom.us/j/93640769715>

THURSDAY, AUGUST 19

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

Inspire You with Javier Perez

12 noon | Link: <https://baptisthealth.zoom.us/s/95350025809>

Your Bosom Buddies Kendall

6:30 p.m. | For more information, email YourBosomBuddies@gmail.com

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BAPTIST HEALTH SOUTH FLORIDA

Miami Cancer Institute Programs

Week of August 23 – 27

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MONDAY, AUGUST 23

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

TUESDAY, AUGUST 24

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Fuel For Your Bones

1 p.m. | Link: <https://baptisthealth.zoom.us/j/96164914895>

Gentle Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

Caregiver Support Group

5:15 p.m. | For the Zoom ID, email AnnieGM@BaptistHealth.net

Patient Support Group

5:15 p.m. | For the Zoom ID, email RosaCai@BaptistHealth.net

WEDNESDAY, AUGUST 25

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

Young Women's Breast Cancer Support Group

12 noon | For the Zoom ID, email AnnieGM@BaptistHealth.net

Keys to Become More Resilient

12 Noon | Link: <https://baptisthealth.zoom.us/j/91879090338>

Chair Pilates

6 p.m. | Link: <https://baptisthealth.zoom.us/j/91879434380>

THURSDAY, AUGUST 26

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

You Are Not Alone: Meet Your Nurse Navigator

12 noon | Link: <https://baptisthealth.zoom.us/j/96490096611>

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BAPTIST HEALTH SOUTH FLORIDA

Miami Cancer Institute Programs

Week of August 30 – September 3

*In an effort to continue engaging and supporting our patients, caregivers and community, Miami Cancer Institute and Community Health are offering virtual exercise, meditation, and educational seminars via Zoom. Download the Zoom app at [Zoom.us](https://zoom.us). Use the password: **zoom** (lowercase letters) to join Virtual Community Health Classes.*



MONDAY, AUGUST 30

Restorative Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/96082555364>

TUESDAY, AUGUST 31

Pilates Whole Body Mat

11 a.m. | Link: <https://baptisthealth.zoom.us/j/96305541342>

Gentle Yoga

4 p.m. | Link: <https://baptisthealth.zoom.us/j/94463361813>

Connect With The Expert: What Every Man Should Know About Urologic Cancers

4 p.m. | Link: <https://baptisthealth.zoom.us/j/94108967682>

WEDNESDAY, SEPTEMBER 1

Gentle Stretch and Relaxation

10 a.m. | Link: <https://baptisthealth.zoom.us/j/92646463439>

THURSDAY, SEPTEMBER 2

Chair Yoga

11 a.m. | Link: <https://baptisthealth.zoom.us/j/93691372096>

Creating a Family After Cancer Treatment for Men

6 p.m. | Link: <https://baptisthealth.zoom.us/j/98286782690>

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