

September Community Offerings

Password for all programs: zoom (lowercase)



Saturday, September 3 at 9 a.m. – 1 p.m.

Healthy West Kendall Community Safety Fair

Location: West Kendall Baptist Hospital

9555 SW 162 Avenue Miami, FL 33196

To register, click [here](#).

Join Healthy West Kendall for a fun-filled day of education for the entire family. Experts will be on hand to help you stay safe at home, while you exercise, travel, and so much more.

Thursday, September 8 at 12 Noon

Latest Advances in Leukemia and Lymphoma

George Nahas, DO, Hematologic Malignancies, Stem Cell Transplants

Zoom ID: 950 7682 9554

To register, click [here](#).

Learn about the latest developments in care and treatment of leukemia and lymphoma.

Tuesday, September 13 at 12 Noon

Understanding Clinical Trials and What It Means For You

Simonnette Lucas, MPH, CIP, Director, Office of Research Integrity

Zoom ID: 987 2625 5088

To register, click [here](#).

Explore the latest in clinical trials, inclusion criteria, considerations as a participant and what it means for you.

Wednesday, September 14 at 8 p.m.

Recent Updates & Advances In The Field of Ovarian Cancer

Lauren Carcas, MD, Medical Oncologist, Breast and Gynecologic Malignancy Specialist

Zoom ID: 881 8726 8169

Password: 550939

To register, click [here](#).

Join the Sharsheret community for this important update on advances in the field of ovarian cancer. *This program is in partnership with Sharsheret.*



To receive
our e-newsletter:

Scan me

Thursday, September 15 at 12 Noon

Connect With The Expert: Understanding Prostate Cancer and Treatment Options

Adeel Kaiser, MD, Radiation Oncology, Gastrointestinal, Genitourinary, Head and Neck, Endocrine Neoplasias, Soft Tissue Sarcoma

Zoom ID: 982 2955 7883

To register, click [here](#).

Learn about the risk factors for prostate cancer and the latest advances in treatment.

Tuesday, September 20 at 6 p.m.

Reduce Your Risk: HPV Vaccination and Cervical Cancer Prevention

John Diaz, MD, Chief of Gynecologic Oncology

Zoom ID: 920 9883 2107

To register, click [here](#).

Learn how the HPV vaccine can help to lower the risk of cervical cancer.

Thursday, September 22 at 12 Noon

Women Wellness Series: Ovarian Cancer 101 What Every Woman Should Know

Eleftheria Kalogera, MD, Gynecologic Oncology

Zoom ID: 936 3520 0533

To register, click [here](#).

Tune in to find out what every woman should know when it comes to their gynecologic health and the importance of maintaining regular examination routines.

Sunday, September 25 at 7:30 a.m. – 11 a.m.

The Women's Breast & Heart Initiative's Pink Walk

**Location: Miami Dade College at the North Campus
11380 NW 27th Ave, Miami, FL 33167**

To register, click [here](#).

We invite you to participate in Pink Walk! Whether you walk or run in this 5K or participate virtually your support makes a difference in The Women's Breast & Heart Initiative mission to transform and save lives while providing at risk women, college students and low-income populations with the resources necessary to beat the odds of breast cancer.



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

September Community Offerings

Password for all programs: zoom (lowercase)



Monday, September 26 at 7 p.m.

BRCAStrong's National Hereditary Cancer Instagram Live Series: Screening Changes with Hereditary Cancers

Nadia Nocera, MD, Breast Surgical Oncology

Follow [@BRCAStrong](https://www.instagram.com/BRCAStrong) on Instagram to tune in!

Tuesday, September 27 at 12 Noon

BRCAStrong's National Hereditary Cancer Instagram Live Series: Genetic Testing. Who Is A Candidate?

Arelis Mártir-Negrón, MD, FAMG, Medical Genetics

Follow [@BRCAStrong](https://www.instagram.com/BRCAStrong) on Instagram to tune in!

Tuesday, September 27 at 2 p.m.

Celebrity Chef Workshop

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

Zoom ID: 954 7982 8975

To register, click [here](#).

Join Celebrity Chef Cindy Hutson for a healthy and delicious food demonstration and ask a registered dietitian all your nutrition questions. *This program is in partnership with Gilda's Club South Florida.*

Wednesday, September 28 at 12 Noon

Navigating The Childhood Cancer Journey

Matthew David Hall, MD, Radiation Oncology, Hematologic Malignancies, Gastrointestinal, Brain and CNS, Melanoma and Non-Melanoma Skin Cancers, Pediatric, Soft Tissue Sarcoma, Thoracic, Orthopedic, Proton Therapy and Kristina Espinosa, Psy.D., PMH-C

Zoom ID: 921 9412 2219

To register, click [here](#).

September is Childhood Cancer Awareness Month. Explore innovative advances in treatment options and ways for patients and families to cope.

Wednesday, September 28 at 7 p.m.

BRCAStrong's National Hereditary Cancer Instagram Live Series: Gynecological Cancer and Hereditary Cancers (Previvor Day)

John Diaz, MD, Chief of Gynecologic Oncology

Follow [@BRCAStrong](https://www.instagram.com/BRCAStrong) on Instagram to tune in!

Thursday, September 29 at 9 a.m. - 2 p.m.

Promise Fund of Florida Mammography Screening Day and Breast Cancer Awareness Kick-off

Location: Broward Community and Family Health Center 168 N. Powerline Rd., Pompano Beach, FL

Participants will enjoy an educational fair to kick-off breast cancer awareness month and will have the opportunity to get screened by the Boca Mammography Screening Van.

Thursday, September 29 at 12 Noon

BRCAStrong's National Hereditary Cancer Instagram Live Series: Pancreatic and Colon Hereditary Cancers

Sarah Joseph, MD, Medical Oncology, Gastrointestinal

Follow [@BRCAStrong](https://www.instagram.com/BRCAStrong) on Instagram to tune in!

Thursday, September 29 at 2 p.m.

Fatigue: When Should You Worry?

Martha Kato, MD, Psychiatric Oncology

Zoom ID: 912 7851 7382

To register, click [here](#).

When is being "too tired" a problem? Tune in to learn about fatigue and when you should seek help.

Friday, September 30 at 9a.m. – 2 p.m.

4th Annual 2022 Empower Patient Focused Conference

Moderator: Reshma Mahtani, DO, Chief of Breast Oncology
Speakers: Nadia Nocera Zachariah, MD, Breast Surgical Oncology and many more

Location: Marriott Coral Springs

11755, Heron Bay Blvd, Coral Springs, FL 33076

To register, please email sarah@totalhealthconferencing.com or 561-331-9615.

This meeting is meant to be a resource for patients living with cancer to find answers, support, and empowerment during any phase of the cancer journey. *This program is in partnership with Total Health Conferencing.*



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

Weekly Exercise Virtual Programs

Password for all programs: zoom (lowercase)



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 Grau, 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

11 a.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 Grau, 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.

Fridays

Restorative Yoga with Alex Grau, MA, C-IAYT, E-RYT, RYT 5000, NASM-CPT

9 a.m. | Zoom ID: 960 8255 5364

<https://baptisthealth.zoom.us/j/96082555364>

Get balanced and centered with yoga that promotes deep relaxation.

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



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA