



**Baptist Health**

Miami Cancer Institute

# February Programming

**Saturday, February 3 at 11 a.m.**

## **9<sup>th</sup> Annual Children's Festival**

Presented by Coral Gables Woman's Club

**1009 East Ponce De Leon Blvd., Coral Gables**

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

Join us at the 9th Annual Children's Festival hosted by the Coral Gables Woman's Club to celebrate the Children's Dental Clinic. Learn about different topics that are both fun and educational. Miami Cancer Institute will be providing education and awareness on skin cancer and skin screenings for adults.

**Thursday, February 8 at 10 a.m.**

## **30-Minute Expert Talk: Risk Reduction of Prostate Cancer**

Bruno Bastos, M.D., genitourinary medical oncology

Zoom ID: **982 0201 2855** | To register, click [here](#).

During National Cancer Prevention Month in this new 30-minute educational virtual series. In this session, learn how to reduce your risk of prostate cancer.

**Thursday, February 8 at Noon**

## **Cardiovascular Risks for Cancer Patients**

In partnership with Gilda's Club of South Florida

Alvaro Gomez, M.D., FACC, interventional cardiology

Zoom ID: **971 2032 9136** | To register, click [here](#).

Learn about some of the cardiovascular risks oncology patients face and treatment innovations for these risks.



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

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

**Tuesday, February 13 at Noon**

**Rehabilitation Needs in Cancer Survivors**

Adrian Cristian, M.D., Chief of Cancer Rehabilitation

Zoom ID: **932 4191 3304** | To register, click [here](#).

Tune in to learn about some of the cancer related physical challenges one may face during their cancer journey and coping strategies from the Chief of Cancer Rehabilitation at Miami Cancer Institute.

**Tuesday, February 13 at 6 p.m.**

**Inspire You: Facing Adversity and Finding Joy** featuring Jamie Kolnick and Mike Epstein

Miami Cancer Institute First Floor Café **8900 N Kendall Dr., Miami, FL 33176.**

Free event with light refreshments. All are welcome, but reservations are required.

To register, call **786.527.7680**.



Jamie Kolnick and Michael Epstein are co-founders of the Epstein Reach for the Stars Scholarship Foundation, which provides financial aid to graduating seniors from South Florida high schools. The foundation was originally created by their parents Murray and Cheryl Epstein in memory of their brother Alan who passed away in 1998. After the passing of Murray and Cheryl Epstein, Jamie and her brother Mike continue running the foundation in their parents' honor.

**Thursday, February 15 at Noon**

**Are Gallbladder Stones Harmful?**

Domenech Asbun, M.D., hepatobiliary and pancreatic surgery

Zoom ID: **981 4635 6889** | To register, click [here](#).

Join Miami Cancer Institute expert to delve into gallstone bladder awareness, optimal gallbladder health, and proactive strategies for reducing your risk of gallbladder cancer.

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



Baptist Health

Miami Cancer Institute

**Saturday, February 17 at 7:30 a.m.**

**Live Like Bella Superhero 5K**

Tropical Park: **7900 Bird Rd., Miami**

To register, click [here](#).

Join Miami Cancer Institute at Live Like Bella's Superhero 5K in support of children battling cancer and their families. Let's come together to honor all the superheroes in their fight!

**Thursday, February 22 at 10 a.m.**

**30-Minute Expert Talk: Risk Reduction of Breast Cancer**

Ana C. Sandoval Leon, M.D.,  
breast medical oncology

Zoom ID: **933 2611 6025**

To register, click [here](#).

During National Cancer Prevention Month in this new 30-minute educational virtual series. In this session, learn how to reduce your risk of breast cancer.

**Thursday, February 22 at Noon**

**The Power of Exercise**

James Cleary, ACSM EP-C, ACSM/ACS-CET,  
oncology exercise physiologist

Zoom ID: **950 9324 1298**

To register, click [here](#).

Explore the importance of physical activity on your health and gain insightful tips on how to establish a healthy routine. Get the most out of this session by learning and practicing simple at-home exercises.

**Tuesday, February 27 at 2 p.m.**

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

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

To attend in person, please RSVP to

**MCIEvents@baptisthealth.net** or **786.527.7680**.

To attend virtually, Zoom ID: **933 7534 6599**

To register, 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, February 29 at 10 a.m.**

**30-Minute Expert Talk: Risk Reduction of Colorectal Cancer**

Antonio Ucar, M.D., gastrointestinal oncology

Zoom ID: **964 7521 2020**

To register, click [here](#).

During National Cancer Prevention Month in this new 30-minute educational virtual series. In this session, learn how to reduce your risk of breast cancer.

**Thursday, February 29 at Noon**

**Cancer Disparities in the Black Community: Know Your Risk**

Mark Kelly, M.D., urologic oncology and  
Maria Descartes, M.D., medical genetics

Zoom ID: **990 3475 5560**

To register, click [here](#).

Join Miami Cancer Institute Experts to discuss prostate cancer and screening options. Learn about the importance of genetic testing and how it can help you understand your personal risk.



Scan QR code to  
Receive our monthly  
free e-newsletter

# 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.