

November Community Offerings

Password for all programs: zoom (lowercase)



Saturday, November 5 at 9 a.m. – 12 Noon **South Miami Hospital Community Health Fair**

Location: Gibson-Bethel Community Center
5800 SW 66 Street, South Miami

Join South Miami Hospital for some fresh air, wellness screenings and healthy activities for the whole family.

Thursday, November 10 at 6 p.m. **Smoking and Lung Cancer: What To know and How to Stop**

Michael Hernandez, MD, Critical Care Medicine,
Pulmonology

Zoom ID: 945 3203 4699

To register, click [here](#).

Learn about various topics including health effects of smoking, risk factors, and the benefits of lung cancer screenings as a tool for early detection.

Thursday, November 10 at 6 p.m. – 8:30 p.m. **Your Bosom Buddies Gala**

Location: South Miami Hospital
6200 SW 73 Street, Miami, FL, 33143

To **RSVP**, please call 786-527-7680.

Your Bosom Buddies Breast Cancer Support Group invites you to their annual celebration for breast cancer survivors and thrivers. Breast cancer survivors, their families and friends are invited to this event. There is no charge to attend.

Saturday, November 12 at 5:30 p.m. – 9 p.m. **Leukemia & Lymphoma Society Light The Night**

Location: Maurice A. Ferre Park
1075 Biscayne Blvd., Miami, FL, 33132

To register for Team Miami Cancer Institute, click [here](#). Miami Cancer Institute is proud to serve as Celebration & Community Presenting Sponsor for the 2022 Leukemia and Lymphoma Society's (LLS) Light the Night event. Join us to support the goal of bringing light into the darkness of cancer. With your help we will heighten awareness of Blood Cancers, celebrate survivors, honor caregivers and remember those who have lost their fight.

Tuesday, November 15 at 12 Noon **Latest on Clinical Trials**

Haley Appel, Physician Assistant 2-Acute, Radiation Therapy

Zoom ID: 930 3179 6346

To register, click [here](#).

A Miami Cancer Institute expert will breakdown the latest in clinical trials, inclusion criteria, considerations as a participant and the future of cancer clinical trial research. This program is in partnership with Gilda's Club.

Tuesday, November 15 at 6 p.m. **Connect With The Expert: What Every Woman Should Know About GYN Health**

John Diaz, MD, Chief of Gynecologic Oncology

Zoom ID: 990 4661 1027

To register, click [here](#).

Learn what every woman should know when it comes to their gynecologic health and the importance of maintaining regular examination routines for the prevention of chronic conditions, such as cancer.

Wednesday, November 16 at 11:30 a.m. – 1 p.m. **Lustgarten Live: The Intersection of Science and Technology, Advancing Patient Care**

Moderator: Andrew Rakeman, PhD, Vice President, Research, Lustgarten Foundation

Speakers: Michael Chuong, MD, Radiation Oncology, Medical Director of Proton Therapy along with a panel of experts

To register, click [here](#).

Leading experts from across the pancreatic cancer research spectrum will gather to discuss how science and technology converge to hasten discoveries in patient treatment and care.



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

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Wednesday, November 16 at 2 p.m.

Holiday Fatigue

Martha Kato, MD, Psychiatry

Zoom ID: 955 5906 9668

To register, click [here](#).

Learn about fatigue, especially during the holiday season, and when you should seek help.

Thursday, November 17 at 12 Noon

Pancreatic Cancer: What You Need To Know

Sarah Joseph, MD, Medical Oncology, Gastrointestinal;
Ramon Jimenez, MD, Chief of Melanoma & Soft Tissue
Sarcoma Surgery; and an oncology registered dietitian

Zoom ID: 958 7844 6326

To register, click [here](#).

In observance of World Pancreatic Cancer Day, learn about risk factors, the importance of early detection, the role of nutrition in prevention and treatment options available.

Sunday, November 20 at 8 a.m. – 12 Noon

Miggy's Gift Walk: Steppin' It 4 Stephen

Location: Coral Reef Park

7895 SW 152nd St, Palmetto Bay, FL 33157

To register, please email miggysgift@gmail.com

Join us for the 4th annual Miggy's Gift Melanoma Awareness Walk!

Tuesday, November 29 at 2 p.m.

Celebrity Chef Workshop

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

Zoom ID: 967 4409 5639

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.



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Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

Weekly Exercise Programs

Password to attend virtually: zoom (lowercase)

In Person Location: Miami Cancer Institute, 8900 N Kendall Dr., Miami, FL 33176, 3rd Floor, Media Flex Room #3W131



Tuesdays

Dance for Joy! with Rosanna Deguzman, Polestar Pilates Practitioner, MBA

12:30 p.m. | Zoom ID: 960 4090 4126

<https://baptisthealth.zoom.us/j/96040904126>

Delight the inner child within through music, movement and dance while strengthening your body through Pilates inspired movements.

*Hybrid Class starting on October 25.

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

4 p.m. | Zoom ID: 987 4869 0839

<https://baptisthealth.zoom.us/j/98748690839>

Connect on the mat with a complimentary light form of yoga.

*Hybrid Class starting on November 1.



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: 920 4619 2345

<https://baptisthealth.zoom.us/j/92046192345>

Perform a combination of light muscle building exercises using chairs. *Hybrid Class starting on October 12.



Thursdays

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

10:30 a.m. | Zoom ID: 975 9554 3171

<https://baptisthealth.zoom.us/j/97595543171>

Increase your range of motion and strengthen your personal body awareness.

*Hybrid Class starting on November 3.



Fridays

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

9 a.m. | Zoom ID: 984 4458 6182

<https://baptisthealth.zoom.us/j/98444586182>

Get balanced and centered with yoga that promotes deep relaxation.

*Hybrid Class starting on November 4.

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



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