



Baptist Health

Miami Cancer Institute

January Programming

Thursday, January 9 at Noon

**30-Minute Cancer Care Chat:
Meet Your Nurse Navigator**

Alessandra Alvarez BSN, BHSA, RN, OPN-CG
Zoom ID: **968 3908 5599** | To register,
click [here](#).

Discover how a nurse navigator can help you in finding the support you need to receive quality cancer care and guide you during and after cancer treatment.

Saturday, January 11 at 7:30 a.m.

BRCAStrong's 3rd Annual 5K Waves of Hope

Charnow State Park: 300 Connecticut St.,
Hollywood, FL 33019.

To register, click [here](#).

Join team Baptist in taking steps in support of BRCAStrong's mission of providing free pre-mastectomy care packages, gynecological care packages, and post-mastectomy bras to previvors, survivors, and thrivers. Let's lace up, walk with purpose, and make every mile count!



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

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Sunday, January 12 at 2 p.m.

Baptist Health Fit Fest

Amerant Bank Arena: 1 Panther Pkwy, Sunrise, FL 33323

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

Kick off the new year with Baptist Health Fit Fest in Sunrise! Bring your crew for a day full of energizing workouts, fresh healthy eats, and good vibes—perfect for all fitness levels. Dive into the ultimate community wellness experience and make memories with your family and friends. Free event.

Tuesday, January 14 at 2 p.m.

**Practical Stress Reduction
Techniques for Daily Life**

Martha Kato M.D., psychiatry
Zoom ID: **913 5795 2261** | To register, click [here](#).

Discover simple, effective strategies to manage stress and enhance your well-being in everyday situations.

Tuesday, January 21 at 2 p.m.

Celebrity Chef Workshop

Chef Cindy Hutson and Natacha Borrajo, RDN, wellness dietician. Miami Cancer Institute, 8900 N. Kendall Dr. Room 3W283

Registration required. Click [here](#) or call **786-527-7680** to register.

Indulge in a flavorful journey as a seasoned chef and a nutrition expert team up to demonstrate delicious and nourishing recipes.

Wednesday, January 22 at Noon

**Men's Health: Let's Talk
Prostate Cancer**

Manuel Ozambela, Jr., M.D., urologic oncology

Zoom ID: **986 0499 8170** | To register, click [here](#).

Tune in to learn about prostate cancer and the importance of early detection. Discover primary risk factors, key statistics, and different treatment options to stay informed and proactive about your health.

Click [here](#) to receive our monthly free e-newsletter

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Thursday, January 23 at Noon

Nutrition: Healthier Choices for Cancer Thrivers and Survivors with Gilda's Club of South Florida

Shayne Robinson, MS, RD, CSO, LD, CDN, senior dietitian

Zoom ID: **958 9283 1011** | To register, click [here](#).

Discover how diet and lifestyle changes can help reduce your cancer risk. Join Miami Cancer Institute expert as they discuss how making nutritious food choices can help you thrive after a cancer diagnosis and learn about practical strategies to enhance overall well-being and take proactive steps towards a healthier future.

Saturday, January 25 at 7 a.m.

The Southern Pearls Miami-Dade Chapter of Top Ladies of Distinction 5K for Thyroid Disease and Cancer Awareness

JL and Enid Demps Park: 11350 SW 216th Street Miami, FL, 33170

To register, click [here](#).

Join Team Miami Cancer Institute in supporting the Top Ladies of Distinction's mission to raise awareness about thyroid disease and cancer. Complimentary head and neck cancer screenings will be available, led by Neeta Erinjeri, M.D., a specialist in endocrine surgery.

Tuesday, January 28 at Noon

A Focus on Cervical Cancer

Jean-Marie Stephan, M.D., gynecologic oncology

Zoom ID: **966 7419 7960** | To register, click [here](#).

Join Miami Cancer Institute expert to gain insight and learn essential tools to safeguard your cervical health. Gain vital knowledge on prevention, early detection, and care, during Cervical Cancer Awareness month.