



Baptist Health

Miami Cancer Institute

June Programming

Tuesday, June 4 at 2 p.m.

Celebrity Chef Workshop

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

Miami Cancer Institute 3rd Floor Room 3W283:
8900 N. Kendall Dr., Miami

For in person participation, click [here](#) or call **786-527-7680**. *Limited Capacity.*

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

Thursday, June 6 at Noon

Thriving in Survivorship: Conquering Chemo Brain

M Beatriz Currier, M.D., Medical Director,
Cancer Patient Support Center

Zoom ID: **963 1511 4635** |

To register, click [here](#).

Learn about the symptoms of cancer-related-cognitive dysfunction known as "chemo brain" and explore strategies to help cope with these symptoms.



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

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Thursday, June 13 at Noon

Steps to Better Sleeping Habits

Constanza Martinez Piñanez, M.D., psychiatry

Zoom ID: **968 6639 0916** | To register, click [here](#).

Discover practical techniques and insights to enhance your sleep quality and establish healthier nighttime routines in this engaging community educational program.

Thursday, June 20 at 2 p.m.

30-Minute Demonstration: Summer Nutritional Smoothie

Edgardo Llopiz Rivera, Executive Chef Manager at Miami Cancer Institute and
Natacha Borrajo, RDN, Wellness Dietitian

Hybrid via Zoom and in person.

Zoom ID: **910 1862 8025** | To attend virtually, click [here](#).

To register to attend in person, click [here](#) or call 786-527-7680.

Learn how to make quick and easy, nutrient-packed summer smoothies in just 30 minutes!

Friday, June 21 at 8 a.m.

Gilda's Club of South Florida Annual Day of Research and Hope

NOVA Southeastern University: 3100 Ray Ferrero Jr. Boulevard, Fort Lauderdale, FL 33314

Gilda's Club of South Florida hosts their annual educational and resourceful conference that features various speakers including Simmy Lucas, MPH, CIP, CCRP director of research integrity at Baptist Health Cancer Care. This conference serves an opportunity for the community to hear first-hand from and have their questions answered by experts in the field of cancer research and treatment. To learn more, click [here](#).

Tuesday, June 25 at 10 a.m.

30-Minute Special Prayer for Survivors and Warriors

Rev. Guillermo Escalona, M. Div, Director, Pastoral Care and John D. Valentine

Hybrid via Zoom and In person at Miami Cancer Institute Chapel located on the third floor, Suite 3N230.

To register to attend in person, click [here](#).

Zoom ID: **949 2533 6414** | To attend virtually, click [here](#).

Come together in a special prayer in honor of all those impacted by a cancer diagnosis and experience the healing power of prayer.

Password for all virtual programs is

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Wednesday, June 26 at Noon

**Latest in Technology:
Radiation Oncology**

Ana Cecilia Botero, M.D.,
radiation oncology

In Person at 1228 South Pine Island Road,
Suite 400, Plantation, FL 33324.

To register, click [here](#) or call **786-527-7680**.

Explore the latest advances in radiation technology and discover how these advances can improve your cancer care journey.

Thursday, June 27 at 10 a.m.

Benefits of Music Therapy

Alexa Marsellos, MM, MT-BC,
music therapist

Zoom ID: **928 6905 5015** |

To register, click [here](#).

Music listening, lyric analysis, and songwriting are some ways that music can be used to promote self-care and well-being. Learn about how music therapy techniques can promote relaxation, support stress management, and enhance self-expression.

Jueves 27 de Junio a las 2 p.m.

Programa de supervivencia: prosperando después de su trayectoria contra el cáncer

Keila M. Barreiro, MSN, APRN,
AGACNP-BC

Zoom ID: **914 2395 6126** | Código de acceso: zoom (con letras minúsculas).

Para registrarse, haga clic [aquí](#).

Conozca los síntomas de la disfunción cognitiva relacionada con el cáncer conocida como "quimiocerebro" y explore estrategias que puedan ayudarle a afrontar estos síntomas.

Sunday, June 30 at Noon

Baptist Health Fit Fest

Baptist Health Training Complex: 20000 Northwest 27th Avenue Miami Gardens.

Baptist Health's Fit Fest is an exciting family-friendly day, filled with fun activities and workouts for all ages and levels, featuring live DJ, special guest performances, healthy to-go bites & more! For free registration, click [here](#).

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



Baptist Health

Miami Cancer Institute

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.

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.

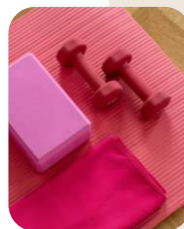
Every Wednesday

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.