



**Baptist Health**

Miami Cancer Institute

# September Programming

**Wednesday, September 4 at 6 p.m.**

## **Unlocking Hope: An Informative Evening on Cancer Clinical Trials**

Capriccio Ristorante: 2424 North University  
Drive, Pembroke Pines

Registration required. Click [here](#) or email  
MCIEvents@BaptistHealth.net.

Discover the real facts about cancer clinical  
trials at a special dinner and discussion  
hosted by Baptist Health Cancer Care. Get  
your information directly from the experts in  
this Clinical Trials 101 presentation, including  
a candid conversation with our trialists and  
patients.

**Thursday, September 5 at 10 a.m.**

## **Massage Therapy During Your Breast Cancer Care**

Josie Galasso, LMT., oncology  
massage therapist

Zoom ID: **991 6190 1956** | To register,  
click [here](#).

Discover how oncology massage techniques  
assist in pain management and other side  
effects, during your breast cancer treatment,  
from a specially trained oncology massage  
therapist.



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**Friday, September 6 at 6 p.m.**

**American Cancer Society's  
Courage Couture: A Making Strides  
Kickoff Experience**

Mary Abreu Community Center at  
Tropical Park: **7900 SW 40th St, Miami, FL**  
Please RSVP [here](#).

Join us and the pink community at  
Making Strides Against Breast Cancer of  
Miami-Dade County's annual kickoff  
event. Enjoy Courage Couture, a fashion  
show by inspiring "pink influencers"—  
breast cancer survivors, thrivers, and pre-  
vivors. Enjoy lite bites as we come  
together to celebrate strength, style, and  
the incredible spirit that unites us all in the  
fight against breast cancer.

**Tuesday, September 10 at 2 p.m.**

**Celebrity Chef Workshop**

Chef Cindy Hutson and Natacha Borrajo,  
In person at limited capacity. Miami  
Cancer Institute, 8900 N. Kendall Dr.  
Miami, FL 33176, 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.

**Thursday, September 12 at Noon**

**My Responsibility as A  
Research Participant**

Simonnette (Simmy) Lucas, MPH, CIP,  
CCRP, Director of Research Integrity  
Zoom ID: **940 3577 4555** | To register, click  
[here](#).

Discover how your role as a research  
participant can make a difference and  
learn what responsibilities come with this  
vital contribution.

**Saturday, September 14 at 9 a.m.**

**We Stand Together's Health and  
Wellness Fair**

Scott Galvin Community Center:  
**1600 NE 126 St. North Miami, FL 33181**

This event will feature a dynamic panel  
discussion with health professionals who  
will share valuable insights on cancer  
prevention, care, and general health  
information. Whether you're looking to  
learn more about staying healthy or  
seeking guidance on navigating your  
wellness journey, this fair offers something  
for everyone. Come and connect with  
experts, explore resources, and take steps  
toward a healthier future!



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**Tuesday, September 17 at Noon**

**Preventing and Managing Malnutrition**

Nicole Rittman, RD, CSO, LDN Clinical Dietitian, Cancer Patient Support Center

Zoom ID: **942 0569 2495** | To register, click [here](#).

Learn vital strategies to prevent and manage malnutrition to maintain strength and improve wellness throughout your cancer journey.

**Wednesday, September 18 at 9:30 a.m.**

**Sharsheret's Radiant Awakening: Ultimate Self-Love Yoga & Wellness Experience**

Katz Auditorium: **18900 NE 25th Avenue North Miami Beach, FL 33180**

For tickets, click [here](#). Join Sharsheret's "Radiant Awakening: Ultimate Self-Love Yoga & Wellness Experience," a rejuvenating event designed to nurture your mind, body, and soul. Start your day with a power breakfast, followed by a revitalizing yoga session that promotes self-love and well-being. Engage in meaningful networking with like-minded individuals and gain valuable insights during a panel discussion with wellness professionals, featuring Baptist Health Cancer Care's Lauren Carcas, MD, medical oncologist. This holistic experience aims to empower you with the tools and connections to foster a balanced and radiant lifestyle.

**Thursday, September 19 at 10 a.m.**

**Your Right to Exit: Can You Withdraw from Research?**

Simonnette (Simmy) Lucas, MPH, CIP, CCRP, Director of Research Integrity

Zoom ID: **947 8994 5268** | To register, click [here](#).

Uncover the power of your rights in research and find out why understanding your ability to withdraw is crucial to your participation.

**Thursday, September 19 at Noon**

**Latest Advancements in Prostate Cancer: Screening and Treatment**

In partnership with [Gilda's Club of South Florida](#)

Rohan Garje, M.D., chief of genitourinary medical oncology

To join virtually, click [here](#).

Join Miami Cancer Institute expert to explore cutting-edge advancements in prostate cancer screening, early detection, and treatment. Stay informed and empowered with the latest insights in men's health.

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**Friday, September 20 at 8 a.m.**

**Live Like Bella® Pediatric Cancer Research Symposium**

Trump National Doral: **4400 NW 87th Ave, Miami, FL 33178**

Attendance is complimentary and pre-registration is required as seating is limited! To register, click [here](#). The Live Like Bella® Pediatric Cancer Research Symposium is a full-day event that brings together researchers from renowned universities and hospitals around the world. The symposium will focus on groundbreaking research studies funded by the State of Florida's Live Like Bella® Pediatric Cancer Research Grant Program. It fosters collaboration and information sharing among scientists and will consist of topic focused sessions designed for clinicians, researchers, students, and families.

**Saturday, September 21 at 7:30 a.m.**

**Gilda's Club of South Florida Race for Hope**

Nova Southeastern University: **3100 Ray Ferrero Jr. Blvd., Davie, FL 33314**

To register, click [here](#). Join 4th annual Gilda's Race for Hope Color Run. Whether you're running, jogging, walking, or taking it around town on your own be part of the community that supports each other so that no one has to face cancer alone.

**Saturday, September 21 at 10 a.m.**

**Baptist Health Fit Festival**

Dennis C. Moss Cultural Arts Center: **10950 SW 211 Street Cutler Bay, FL 33189**

Free event. For more information, click [here](#). Join Baptist Health for a fun-filled, family-friendly day packed with activities and workouts for all ages and fitness levels. Enjoy special guest performances, savor delicious healthy bites, and more. Miami Cancer Institute skin experts will be offering free skin spot checks.

**Saturday, September 21 at 7 p.m.**

**Live Like Bella® Bella's Ball**

Trump National Doral: **4400 NW 87th Ave, Miami, FL 33178**

For more information, click [here](#). Bella's Ball is an annual black-tie gala held every September in honor of childhood cancer awareness month. Enjoy an evening of raising awareness and funds for childhood cancer research, in-treatment support, and memorial financial assistance.

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**Sunday, September 22 at 6 a.m.**

**Women's Breast and Heart Initiative's Pink Walk**

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

To register, click [here](#). Join team Baptist Health Miami Cancer Institute in the 8th Annual Pink Walk! Whether you walk, run, or cheer in this 5K - or participate virtually - your support makes a difference in the Women's Breast & Heart Initiative's 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 and heart disease.

**Tuesday, September 24 at Noon**

**A Focus on Gynecologic Cancers**

Eleftheria Kalogera, M.D. M.Sc.,  
gynecologic oncology

Zoom ID: **993 3490 6580** | To register, click [here](#).

Join Miami Cancer Institute expert in observance of ovarian and uterine cancer to learn about the importance of routine checkups with your gynecologist and focus on early detection options for gynecologic cancers.

**Wednesday, September 25 at 6 p.m.**

**Fight 'N Heal Pink 'N Teal: A Look at Breast and Ovarian Cancer**

Moderated by John Diaz, M.D., chief of gynecologic oncology; director of robotic surgery, Baptist Health; and Starr Mautner, M.D., breast surgical oncology.

Free event. Registration required. To register, click [here](#) or call 786-527-7680. Join us for an expert panel discussion on breast and ovarian cancer. Baptist Health experts will share invaluable insights on navigating menopause, female sexual health, intimacy, and the latest advancements in the field of breast and ovarian cancer.

**Thursday, September 26 at Noon**

**Thriving in Survivorship: Conquering Chemo Brain**

Beatriz Currier, MD, Medical Director of the Cancer Patient Support Center, and Chief of Psychosocial Oncology

Zoom ID: **960 7772 6535** | To register, click [here](#).

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

# Weekly Exercise Programs

Location:

**Cancer Patient Support**  
3rd Floor, Media Flex Room **3W131**



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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.

## Every Monday

**Gentle Yoga** at **10 a.m.**  
*with Alex Grau*

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

## Every Tuesday

**Mat Pilates & Dance** at **12:30 p.m.**  
*with Rosanna Deguzman*

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 **9:30 a.m.** *with Cathee Connor*

Release tension and relax with a gentle stretching session.

**Chair Pilates** at **11 a.m.**  
*with Rosanna Deguzman*

Perform a combination of light muscle building exercises using chairs.

## Every Wednesday Evening

**Gentle Stretch & Strength**  
at **5 p.m.** *with Cathee Connor*

Power your body with gentle and resilient exercises.

## Every Thursday

**Gentle Strength Training** at  
**11 a.m.** *with Nan Imbesi*

Build strength and endurance in this training session.

## Every Friday

**Restorative Yoga** at **9 a.m.**  
*with Alex Grau*

Get balanced and centered with yoga that promotes deep relaxation.

**Sound Bowl** at **11 a.m.**  
*with Anny Noratto*

*Enjoy a relaxing meditative experience where you can immerse yourself in soothing tones and vibrations from crystal or metal bowls.*

If you have any questions, please call 786-527-7680 or email [MCIEvents@BaptistHealth.net](mailto:MCIEvents@BaptistHealth.net)