

# Upcoming March Programming



Baptist Health  
Miami Cancer Institute

**Saturday, March 1 at 10 a.m.**

## **Baptist Health Fit Fest – West Kendall**

Zoo Miami: 12400 Southwest 152nd Street Miami, FL 33177

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

Kick off March with an unforgettable wellness experience at Baptist Health Fit Fest, hosted at Zoo Miami in West Kendall! Bring your friends and family to enjoy exciting workouts, breakout sessions, free health screenings, healthy bites, games, activities, and much more. This is a free event you won't want to miss!

**Tuesday, March 4 at Noon**

## **The Power of Exercise During Cancer Treatment**

James Cleary, oncology exercise physiologist

Zoom ID: **972 5507 6042** | To register, click [here](#).

Discover the importance of physical activity during your cancer treatment 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.

**Thursday, March 6 at Noon**

## **Insights on Colon Cancer Risk, Detection, and Treatment**

Santiago Aparo, M.D., medical oncology

Zoom ID: **954 3127 6836** | To register, click [here](#).

Discover the prevalence of colon cancer and what signs or symptoms to look at for. Explore ways to reduce your risk of colon cancer and the importance of early detection.

**Friday, March 7 at 6 p.m.**

## **American Cancer Society's Relay for Life – Florida International University**

Ryder Business Building: 11200 SW 8 St., Miami, FL 33199

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

Come together to support and celebrate cancer survivors and caregivers for a night of community as we walk to commemorate and honor everyone impacted by cancer.

Password for all virtual programs is

**zoom** (lowercase) unless otherwise stated.



**Baptist Health**

Miami Cancer Institute

**Sunday, March 9 at 7 a.m.**

**American Lung Association's  
Fight for Air Climb**

LoanDepot Park: 501 Marlins Way,  
Miami

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

Join the fight for healthy lungs and healthy air at the American Lung Association's Premier Stair-Climbing Event in South Florida. Every type of climber is welcome to participate and enjoy one-of-a-kind views of the city skyline and the best set of stairs at the home of the Miami Marlins.

**Sunday, March 9 at 10 a.m.**

**Second Annual Little Jam Fest by  
Jam with Jamie**

Miami Beach Convention Center:  
1901 Convention Center Drive Miami  
Beach, FL 33139

For tickets, click [here](#).

Join us for live musical entertainment for families all day, engaging activities from your favorite family brands for all ages, with a focus on ages 0-10, appearances from Disney characters and Miami sports mascots, food, drinks, and unlimited fun!

**Saturday, March 15 at 6 a.m.**

**Bounce Back from Cancer™**

Baptist Health Miami Cancer Institute:  
8900 North Kendall Drive Miami, FL  
33176

You can get Involved in Bounce Back from Cancer™ by registering, donating, or inviting family, friends, and colleagues to support you on a fun-filled day of activities, all to benefit Miami Cancer Institute's commitment to medical excellence and the health, well-being and extraordinary care of our South Florida communities. For more information, click [here](#).

**Tuesday, March 18 at Noon**

**The Importance of  
Diversity in Clinical Trials**

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

Zoom ID: **948 2149 7700** | To register,  
click [here](#).

Recognize the importance of representation in research so that drugs, biologics, and devices are approved utilizing the very people who will benefit from these modern-day aids to improve or save lives.

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**Baptist Health**

Miami Cancer Institute

**Wednesday, March 19 at 12:30 p.m.**

**Eating Well Through Cancer:  
Nutrition and Support for Your Journey**

Shayne Robinson MS, RD, CSO, LD,  
senior dietitian and Johana Del  
Rosario, LCSW, oncology social worker  
Baptist Health Cancer Care: 1228  
South Pine Island Rd. Plantation, FL.

**In-person and virtual program.** Click  
[here](#) or call 786-527-7680 to register.  
Discover how nutrition and mindfulness  
can support emotional resilience  
during your cancer treatment. Learn  
key strategies for mindful eating and  
gain insights on managing emotions  
and stress for a balanced approach to  
wellness.

**Thursday, March 20 at 12:30 p.m.**

**30-Minute Expert Talk: Navigating  
Advanced Survivorship Care**

Marie Fernandez, MSN, APRN, ANP-BC  
Zoom ID: **912 3525 2525** | To register,  
click [here](#).

Tune in to learn about the meaning of  
being a survivor and the importance of  
having a survivorship plan for a better  
quality of life.

**Tuesday, March 25 at 2 p.m.**

**Celebrity Chef Workshop**

Chef Cindy Hutson and  
Natacha Borrajo, RDN  
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.

**Thursday, March 27 at 2 p.m.**

**7 Ways to Experience Inner Peace**

Rev. Guillermo Escalona, M.Div.,  
Director of Pastoral Care  
Zoom ID: **976 6706 9973** | To register,  
click [here](#).  
Finding balance between digital  
consumption, mindset, and quiet  
time is key to inner peace. Join us  
and discover ways to conserve your  
emotional energy and reduce  
stress as you improve your inner  
peace.

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