Upcoming November Programming

Baptist Health
Herbert Wertheim Cancer Institute

Tuesday, November 3 at Noon
Managing Fatigue During Your Cancer Journey
Martha M. Kato, MD, FAPA, FACL, Psycho-Oncology
Zoom ID: 926 6190 9931
To register, click here.
Discover practical strategies to manage cancer-related fatigue, boost your energy and support your emotional and physical health during cancer treatment and recovery.

Thursday, November 5 at 6 p.m.
Inspire You with Lissette Gonzalez
Navigating the Storm: Finding Strength in Uncertainty
Lissette Gonzalez, CBS News Miami Meteorologist
Wertheim Cancer Institute
8900 North Kendall Dr., First Floor Café
Registration required to attend. To register, click here or call 786-527-7680.
Join CBS News Miami meteorologist Lissette Gonzalez as she shares the personal experiences that led her to become a passionate advocate for genetic testing and women's health awareness. Through a compelling story of navigating life's unexpected storms, discover how challenges can become catalysts for growth, purpose and empowering others.

Saturday, November 7 at 8 a.m.
Sofia's Hope 19th Reason to Run 5K
Deering Estate
16701 SW 72nd Ave, Miami, FL
For more information, click here.
Run (or walk) through the gorgeous Deering Estate area in support of Sofia's Hope or join virtually! All proceeds benefit the organization that raises childhood cancer awareness, supports and funds childhood cancer research, and offers programs that enhance the quality of life of children with cancer and their families.

Password for all virtual programs is

zoom (lowercase) unless otherwise stated.

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Saturday, November 7 at 5:30 p.m.
Blood Cancer United Light the Night
Miramar Regional Park
16801 Miramar Pkwy, Miramar, FL
To learn more, click here.
Join Baptist Health Herbert Wertheim Cancer Institute as we gather as a community to celebrate, honor and remember those touched by blood cancers. The money raised by this community fund lifesaving research, advocacy and support for blood cancer patients and their families.

Tuesday, November 10 at Noon
A Guide to Men's Sexual Health
In collaboration with Gilda's Club of South Florida
Justin M. Dubin, M.D., Director of Men's Sexual Health
Zoom ID: 977 1444 2080
To register, click here.
Join this educational session for a comprehensive look at men's sexual health, including everyday concerns like urinary concerns, intimacy and fertility.

Thursday, November 12 at 2 p.m.
Nourish to Flourish with Chef Eddie
Chef Edgardo (Eddie) Llopiz Rivera, Executive Chef Manager
Wertheim Cancer Institute
8900 North Kendall Dr., Room 3W283
Registration required to attend.
Registration opens Thursday, November 5 after 8:30 a.m.
To register, click here or call 786-527-7680.
Discover creative, health-conscious recipes that are simple to make and perfect for any occasion through the guidance of Executive Chef Eddie.

Saturday, November 14 at 7:30 a.m.
American Cancer Society Relay for Life of Miami
Fairchild Tropical Botanic Garden
10901 Old Cutler Rd, Miami
Click here for more information.
Come together with your local community to celebrate cancer survivors, remember loved ones and inspire action in the fight against cancer. Enjoy live music, entertainment, family-friendly activities, delicious food, games, raffles, and more.

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Sunday, November 15 at 9 a.m.
Miggy's Gift 8th Annual Melanoma Walk
Evelyn Greer Park
8200 SW 124 Street Pinecrest, FL
To register, click here.
Saddle Up and enjoy a walk through the beautiful park as you learn about the importance of taking care of your skin and early signs of skin cancer. Wertheim Cancer Institute's dermatology staff will be on-site to offer skin cancer spot checks.

Monday, November 16 at 11 a.m.
United for Lung Health Kickoff
Wertheim Cancer Institute
8900 North Kendall Dr., First Floor Main Lobby by the Jellyfish Tank
Click here to learn more.
Discover valuable resources to support your lung health including smoking cessation, treatment options and tools designed to help patients and families navigate the cancer journey with confidence.

Tuesday, November 17 at Noon
Caring for Caregivers: Tools for Renewal
Rev. Guillermo Escalona, MDIV, BCC, CT, Director, Chaplaincy and Spiritual Care
Zoom ID: 984 4252 2605
To register, click here.
Tune in for an uplifting discussion on navigating the caregiver role during the cancer journey, with practical tips to restore balance, prioritize self-care and promote personal renewal.

Tuesday, November 17 at 2 p.m.
The Power of Every Breath
Steve Chin, Tai Chi Instructor
Wertheim Cancer Institute
8900 North Kendall Dr., Room 3W131
Registration required to attend. To register, click here or call 786-527-7680.
Take part in a guided Tai Chi session, led by an expert instructor, and learn how intentional movement and breathwork can help promote relaxation and overall well-being.

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Wednesday, November 18 at 11 a.m.
A Canvas of Hope
Wertheim Cancer Institute
8900 North Kendall Dr., First Floor Main Lobby by the Jellyfish Tank
For more information, click here.
Join us in honoring those impacted by lung cancer through a meaningful art experience. Add your personal touch to a collaborative canvas and help create a powerful display of hope, strength and unity.

Thursday, November 19 at Noon
Breathing Hope: Navigating Lung Cancer
Kristina Espinosa, Psy.D., PMH-C, Clinical Psychology and Idalmis Hernandez, APRN-BC, Nurse Practitioner, Thoracic Medical Oncology
Zoom ID: 922 2512 9037
To register, click here.
Tune in for an engaging discussion on lung cancer education, treatment advances and supportive care. Our panelists will share insights on recognizing risk factors and symptoms, as well as evidence-based strategies to help promote emotional wellness.

Friday, November 20 at 11 a.m.
Lung Health Spotlight
Wertheim Cancer Institute
8900 North Kendall Dr., First Floor Main Lobby by the Jellyfish Tank
For more information, click here.
Connect with others and take part in an interactive experience designed to raise awareness about lung cancer and lung health.

Receive Our Weekly E-Newsletter

Stay informed with the latest updates from our dedicated patient support team, explore our services, and sign up for upcoming events.

Click here to receive our free e-newsletter.