



Baptist Health

Miami Cancer Institute

July Programming

Tuesday, July 9 at Noon

**30-Minute Expert Talk:
How to Prepare for Chemo**

Rosaura Tavaréz BSN, RN, OCN

Zoom ID: **925 9815 3819**

To register, click [here](#).

Gain valuable tips on how to best prepare for chemotherapy and learn about effective ways to manage the side effects from this cancer treatment.

Wednesday, July 10 at 4 p.m.

Seated Stretch and Relax

Cathee Connor

Miami Cancer Institute Room 3W131:

8900 N. Kendall Dr., Miami, FL 33176

Limited capacity. Registration required.

To register, click [here](#) or you may call

786-527-7680 or email

MCIEvents@BaptistHealth.net.

Harmonize your body and mind through gentle exercises and focused meditation while sitting. Participants will engage in guided practices that blend mindful movement with breathwork for balance, peace, and flexibility.



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

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Thursday, July 11 at 2 p.m.

30-Minute Expert Talk: Fertility Considerations During Your Cancer Journey

Elina Melik-Levine, MSN, ARNP

Zoom ID: **929 7713 1180** | To register, click [here](#).

Tune in to learn more about the critical fertility considerations and options available to cancer patients, empowering you with knowledge to make informed decisions during your treatment journey.

Tuesday, July 16 at Noon

30-Minute Expert Talk: When Cancer Spreads to the Bone

Rupesh Kotecha, MD, Chief of Radiosurgery and Director of Central Nervous System Metastasis

Zoom ID: **916 5202 0640** | To register, click [here](#).

Learn about common signs and symptoms of bone metastases and discover how to treat this stage of your cancer journey.

Tuesday, July 16 at 2 p.m.

Skin Cancer: Reducing Your Risk

In partnership with Gilda's Club of South Florida

Nohelia Gonzalez, APRN

Zoom ID: **983 2757 5646** | To register, click [here](#).

Learn tips on how to stay safe under the sun and the importance of early detection.

Thursday, July 18 at Noon

30-Minute Men's Health: A PSA on PSA

Mark Kelly, MD, medical oncology, genitourinary

Zoom ID: **943 5041 8412** | To register, click [here](#).

Discover essential insights on prostate-specific antigen (PSA) and its role in men's health in this concise and informative program, designed to empower viewers with the knowledge needed for better health decisions.

Password for all virtual programs is

zoom (lowercase) unless otherwise stated.



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Miami Cancer Institute

Tuesday, July 23 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 Room 3W283:
8900 N. Kendall Dr., Miami, FL 33176

Limited capacity. Registration required.

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

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

Thursday, July 25 at 2 p.m.

Nutrition: Myths & Facts

Marissa May, MS, RDN, CSO, LDN

Zoom ID: **929 2080 6877**

To register, click [here](#).

Join us for an enlightening session that will debunk common misconceptions and provide evidence-based insights into nutrition.

Friday, July 26 at Noon

Soft Tissue Masses: When to Seek Care

Giovanni Paraliticc, MD, orthopedic oncology, sarcoma, and connective tissue surgical oncology

Zoom ID: **994 1121 0489**

To register, click [here](#).

Learn to navigate the complexity of soft tissue masses and explore treatment options on how to best care for them.

Tuesday, July 30 at Noon

**30-Minute Men's Health:
Caring for Your Colon**

Antonio Ucar, MD, gastrointestinal medical oncology

Zoom ID: **912 7460 3765**

To register, click [here](#).

Tune in to learn about effective ways to care for your colon and reduce your risk of colorectal cancer.



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.