

# November Virtual Programming



## **Tuesday, November 9 at 12 Noon: Connect With The Expert: Head & Neck Self-Exam**

Meghan Crawley, MD, Head and Neck Surgical Oncology  
**Zoom ID: 914 5996 2785**

<https://baptisthealth.zoom.us/j/91459962785>

In observance of Head and Neck Cancer Screenings Week, a Miami Cancer Institute expert will guide you through the importance of a simple head and neck self-check to promote early detection.

## **Wednesday, November 10 at 11 a.m.: Health Insurance Explained – Navigating Your Financial Resources**

Yulien Gonzalez, Supervisor Patient Financial Counseling and Rosa Caiseda, CMSW

**Zoom ID: 938 2181 1210**

<https://baptisthealth.zoom.us/j/93821811210>

Learn about financial resources available at Miami Cancer Institute and have your questions answered by an expert.

## **Thursday, November 11 at 12 Noon: Linkages to Life**

Yvonne Johnson, MD, Vice President and Chief Medical Officer of South Miami Hospital and Guenther Koehne, MD, Ph.D., Miami Cancer Institute's Deputy Director and Chief of Blood Marrow Transplant

**Zoom ID: 921 7269 1876**

<https://baptisthealth.zoom.us/s/92172691876>

Baptist Health is pleased to present Linkages to Life, a Signature Program of The Links, Incorporated designed to decrease disparities in donor registration and transplantation in the African American community.

In partnership with Greater Miami (FL) Chapter of the Links, Incorporated and Be The Match, this educational program will help raise awareness of the importance and need for organ, tissue and bone marrow donation and transplants.

## **Tuesday, November 16 at 2 p.m.: Celebrity Chef Workshop: Holiday Spice**

Chef Cindy Hutson, Miami Cancer Institute Culinary Ambassador and Carla Araya, MPH, RD/LDN

**Zoom ID: 985 4617 9742**

<https://baptisthealth.zoom.us/j/98546179742>

Get in the holiday spirit and enjoy a healthy food demonstration, delicious tasting and a new recipe by Celebrity Chef Cindy Hutson. Learn her cooking secrets and ask an oncology registered dietitian your nutrition questions.

**Password for all programs :**  
**zoom (lowercase)**

## **Tuesday, November 16 at 6 p.m.: Saved By The Scan: The Importance of Lung Cancer Screenings**

Michael Hernandez, MD, Critical Care Medicine, Pulmonology

**Zoom ID: 980 8028 5520**

<https://baptisthealth.zoom.us/j/98080285520>

During Lung Cancer Awareness month, learn about risk and the benefits of lung cancer screenings as a tool for prevention.

## **Thursday, November 18 at 6 p.m.: Leukemia and Lymphoma Society's Light The Night**

To register, click [here](#).

The Leukemia & Lymphoma Society's Light The Night exists to find cures and ensure access to the best available treatments for all blood cancer patients. Join us virtually and help bring light to the darkness of cancer.

## **Tuesday, November 30 at Noon: Inspire You: Turning Grief Into Power**

**Zoom ID: 959 4316 9126**

<https://baptisthealth.zoom.us/s/95943169126>

Moderator: Michael Zinner, MD, CEO and Executive Medical Director, Miami Cancer Institute

Speakers: Raymond, Rodriguez-Torres, Co-Founder of Live Like Bella and Bella's Father; Marilu Chavez, Founder of Miggy's Gift and Stephen's Mother; and Marta Blanco, Founder of Sofia's Hope and Sofia's Mother

After facing an unimaginable loss, these parents were able to turn their grief into powerful initiatives that are helping to raise awareness on the importance of cancer prevention and research, as well as supporting numerous pediatric families going through the cancer journey. Join our panelists to hear their personal stories and the mission and purpose behind Live Like Bella, Miggy's Gift and Sofia's Hope.

To Receive  
Our E-Newsletter:



For more information about the services offered for patients and caregivers, email [MCIEvents@BaptistHealth.net](mailto:MCIEvents@BaptistHealth.net) or visit [cancer.baptisthealth.net/miami-cancer-institute/patient-support](https://cancer.baptisthealth.net/miami-cancer-institute/patient-support)



**Miami Cancer Institute**

**BAPTIST HEALTH SOUTH FLORIDA**

# Weekly Exercise Virtual Programs



## Mondays

**Restorative Yoga** with Alex Torres, MA, C-IAYT, E-RYT, RYT  
5000, NASM-CPT

**4 p.m. | Zoom ID: 960 8255 5364**

<https://baptisthealth.zoom.us/j/96082555364>

Get balanced and centered with yoga that promotes deep relaxation.

## Tuesdays

**Pilates Whole Body Mat** with Rosanna Deguzman, Polestar  
Pilates Practitioner, MBA

**11 a.m. | Zoom ID: 963 0554 1342**

<https://baptisthealth.zoom.us/j/96305541342>

Tone up and tune in for a strength-building exercise.

**Gentle Yoga** with Alex Torres, MA, C-IAYT, E-RYT, RYT  
5000, NASM-CPT

**4 p.m. | Zoom ID: 944 6336 1813**

<https://baptisthealth.zoom.us/j/96305541342>

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

## Wednesdays

**Gentle Stretch & Relaxation** with Cathee Connor, CLM,  
Dance and Exercise Specialist

**10 a.m. | Zoom ID: 926 4646 3439**

<https://baptisthealth.zoom.us/j/92646463439>

Release tension and relax with a gentle stretching session.

**Chair Pilates** with Rosanna Deguzman, Polestar Pilates  
Practitioner, MBA

**6 p.m. | Zoom ID: 918 7943 4380**

<https://baptisthealth.zoom.us/j/91879434380>

Perform a combination of light muscle building exercises using chairs.

## Thursdays

**Chair Yoga** with Alex Torres, MA, C-IAYT, E-RYT, RYT 5000,  
NASM-CPT

**11 a.m. | Zoom ID: 936 9137 2096**

<https://baptisthealth.zoom.us/j/93691372096>

Increase your range of motion and strengthen your personal body awareness.



**Password for all programs:  
zoom (lowercase)**



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