

You're Not Alone, Getting through Breast Cancer

Wednesday, January 27, 2016 • 12 – 1p.m.

Baptist Health Resource Center

8950 N. Kendall Drive, Medical Arts Building, Suite 105

Featuring Speaker: Tamara Ovadia-Milian, MSW, RCSWI

The emotional and financial cost of cancer can become a burden and impose stress to you and your family when you don't know where to turn. There are several resources available to assist you during this time that can help you weather the storm. Let's talk about the tools you need to get started. A light lunch will be provided.

Space is limited and registration is required.

Please call 786-596-3812 or email Programs@BaptistHealth.net.

For a complete listing of programs, visit BaptistHealth.net/Wellness.



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

In the Kitchen with Our Experts

Wednesday, February 3, 2016 • 6:30 – 8:30 p.m.

Baptist Hospital Auditorium

8900 North Kendall Drive, South Building (3rd Floor)

Featuring Speakers: Executive Chef Stan Hodes, Executive Chef Bob Gilardi and Lucette Talamas, RD, LDN

Do you want to learn new healthy, delicious recipes that are easy to make at home? Our experts will guide you through a fun, family-friendly culinary adventure. This interactive cooking session will give you the confidence you need to make healthy meals in a timely manner. Be ready to sample what you make!

Space is limited and registration is required. For more information or to RSVP for this program, please email Programs@BaptistHealth.net, call 786-596-3812 or visit <http://events.baptisthealth.net>

For a complete listing of programs, visit BaptistHealth.net/Wellness.



Baptist Health South Florida

Benefits of Exercise Prevention, Healing and Recovery

Tuesday, February 9, 2016 • 1 – 2:30 p.m.

Baptist Health Resource Center

8950 N. Kendall Drive, Medical Arts Building, Suite 105

Featuring Speaker: Catherine Roach-Connor, CLM, CCLM

How many times have you said, "I'll start dieting and exercising on Monday?" Have you been successful? Getting started can be the hardest part of exercising. Come and learn about the benefits of exercise and how to create a plan that works for you. Allow Cathee to teach you how to start living a healthier lifestyle. A light lunch will be provided.

Space is limited and registration is required.

Please call 786-596-3812 or email Programs@BaptistHealth.net.

For a complete listing of programs, visit BaptistHealth.net/Wellness.



Free Lecture



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA

Supermarket Navigation for Life

Wednesday, February 24, 2016 • 6:30 – 8 p.m.

Baptist Health Resource Center
8950 North Kendall Drive, Medical Arts Building, Suite 105

Featuring Speakers: Karla P. Otero, RD, LD/N, CSO, CDE,
Lupita Townsend, MS, RD, CSO, CNSE and Executive Chef Stan Hodes

Making wise choices at the supermarket can be a daunting task. Learn about cancer-fighting foods, how to read food labels and much more from our Board Certified specialist in oncology nutrition. Also, enjoy a food demonstration by Executive Chef Stan Hodes. Giveaways.

Space is limited and registration is required.
Please call 786-596-3812 or email Programs@BaptistHealth.net.

For a complete listing of programs, visit BaptistHealth.net/Wellness.



Free Lecture



Miami Cancer Institute

BAPTIST HEALTH SOUTH FLORIDA