Virtual Patient Programs April 2020

**Stretching for Stress Relief**
*Tuesday, April 7, 12:00pm ET*

*Gina Mancuso, PT*
Co-Owner, CoreFitness

Gina Mancuso will lead you through some basic and gentle stretching to help aid with stress relief during these unprecedented times. Please join us virtually for a gentle stretching and feel connected to others!

**Join Zoom Meeting:** [https://Jefferson.zoom.us/j/942713737](https://Jefferson.zoom.us/j/942713737)
Meeting ID: 942 713 737
**One tap mobile:** +16468769923,,942713737# US (New York)
+13126266799,,942713737# US (Chicago)

**Mindful Eating in Stressful Times**
*Wednesday, April 8, 2:00pm ET*

*Melissa Denton, RD*

Join Melissa, our registered dietitian, who will discuss mindful eating during stressful times for patients impacted by cancer.

**Join Zoom Meeting:** [https://Jefferson.zoom.us/j/345784192](https://Jefferson.zoom.us/j/345784192)
Meeting ID: 345 784 192
**One tap mobile:** +13126266799,,345784192# US (Chicago)
+16468769923,,345784192# US (New York)

**Coping with Cancer and COVID-19: Virtual Discussion with a Doctor and Social Worker as you Navigate Cancer Treatment**
*Monday, April 13, 12:00-1:00pm ET*

*Brooke Worster, MD, and Lisa Capparella, LCSW*

With recent updates to coronavirus (COVID-19), Jefferson would like to support our patients and caregivers by offering a virtual information session to learn more about COVID-19 and providing information that can help educate and support you during these difficult times. Join us for a virtual discussion with a doctor and social worker to learn:
* Overview & definition of coronavirus
* Symptoms of the virus
* Review of risk & guidelines to protect yourself and loved ones from the coronavirus
* Self-care coping tips to manage stresses of coronavirus
* Participants can also partake in a question and answer session

**Join Zoom Meeting**
[https://Jefferson.zoom.us/j/625947338](https://Jefferson.zoom.us/j/625947338)
Meeting ID: 625 947 338
Young Adults with Cancer Support Group
Wednesday, April 13, 5:30-6:30pm ET
Facilitated by Jodi Sandos LCSW, and Miriam Pomerantz, LSW
Contact Jodi Sandos at Jodi.Sandos@jefferson.edu for any questions.

Our young adult group is aimed at supporting patients between the ages of 18-45 who are undergoing treatment for cancer. Topics include dating, employment, fertility, and everything else that could impact the lives of those between 18-45.

Join Zoom Meeting
https://Jefferson.zoom.us/j/499707473
Meeting ID: 499 707 473
One tap mobile
+16468769923,,499707473# US (New York)
+13126266799,,499707473# US (Chicago)

Mindful Yoga for Patients and Caregivers
Tuesday, April 14, 12:00pm Eastern Time
Facilitated by: Michelle Stortz

Join us virtually for a 45 minute yoga session to help you decompress from the stress and practice gentle yoga exercises. Michelle will guide you through some mindful yoga to help decrease stress and help connect you with others.

Join Zoom Meeting
https://Jefferson.zoom.us/j/476886473
Meeting ID: 476 886 473
One tap mobile
+16468769923,,476886473# US (New York)
+13126266799,,476886473# US (Chicago)

Healing through Humor
Wednesday, April 15, 2020; 12:00Pm-1:00PM EST
Facilitated by: Caroline Rhoads, MSW Intern

Join us virtually for a program focusing on healing through humor by getting moving, playing games and helping you get out of your head and into your body! We will learn to use creativity and imagination as a much needed distraction.

Join Zoom Meeting
https://Jefferson.zoom.us/j/124411551
Meeting ID: 124 411 551
One tap mobile
+16468769923,,124411551# US (New York)
+13126266799,,124411551# US (Chicago)
Coping with Cancer and COVID-19: Virtual Discussion with a Doctor and Social Worker as you Navigate Cancer Treatment
Tuesday, April 21, 12:00-1:00pm ET

AnaMaria Lopez, MD, and Lisa Capparella, LCSW

With recent updates to coronavirus (COVID-19), Jefferson would like to support our patients and caregivers by offering a virtual information session to learn more about COVID-19 and providing information that can help educate and support you during these difficult times. Join us for a virtual discussion with a doctor and social worker to learn:

* Overview & definition of coronavirus
* Symptoms of the virus
* Review of risk & guidelines to protect yourself and loved ones from the coronavirus
* Self-care coping tips to manage stresses of coronavirus
* Participants can also partake in a question and answer session

Join Zoom Meeting
https://Jefferson.zoom.us/j/385522171
Meeting ID: 385 522 171
One tap mobile
+16468769923,,385522171# US (New York)
+13126266799,,385522171# US (Chicago)