

# MSK HONORS National Minority Cancer Awareness Month

Please Join MSK for Free Virtual Community Events



## Understanding Your Health Insurance

**Monday, April 12, 2021, 4:00–5:00 PM EST**

Understanding your insurance is an important part of managing your healthcare, join us to learn the basics about health insurance.

## Cómo mantenerse al día con las pruebas de detección y el tratamiento del cáncer de mama durante una pandemia

**Viernes, 16 de abril de 2021 de 3:30–4:30 PM EST**

Únete La Oficina de Equidad en Salud de MSK y SHARE para compartir en un programa en español sobre el COVID-19 y la importancia de las pruebas de detección del cáncer para las comunidades afroamericanas y latinas.

## Take a Deep Breath

**Tuesday, April 20, 2021, 1:30–2:30 PM EST**

Exercise your lungs and mind as our experts walk you through deep breathing exercises, provide you with tips and information on how to quit smoking, and provide education on lung cancer screening.

## Cooking with Karla Nutrition Workshop

**Thursday, April 22, 2021, 1:00–2:00 PM EST**

Learn from MSK Ralph Lauren Center's registered dietician about healthy eating habits including a live food demonstration on how to prepare easy, affordable, nutritious meals.

## Keeping up with Breast Cancer Screening and Treatment During a Pandemic

**Tuesday, April 27, 2021, 2:30–3:30 PM EST**

Join MSK's Office of Health Equity and SHARE for a program on COVID-19 and the importance of cancer screenings for the African American and Latinx communities.

## Reducir el riesgo de padecer cáncer mediante una alimentación saludable

**Jueves, 29 de abril de 2021 de 3:00–4:30 PM EST**

La nutrición es un componente importante para mantenerse saludable. Únete al Centro de MSK para la Promoción de la Salud y la Eliminación de Disparidades en el Cáncer entre los Inmigrantes, al Consulado General de México en Nueva York y a la Ventanilla de Salud para compartir un programa educativo en español y aprender sobre hábitos de alimentación saludable para reducir tu riesgo de padecer cáncer. Únete por Facebook Live @consulmexnuevayork @ventanilla.desaludny

## Free Support Groups:

- |                 |  |
|-----------------|--|
| <b>April 6</b>  | Life After Cancer Support Group                                |
| <b>April 7</b>  | Spanish Speaking Support Group                                 |
| <b>April 7</b>  | Finding Our Way: A discussion of Spirituality and Survivorship |
| <b>April 27</b> | Legal Advice for the Older Adult                               |

**REGISTER HERE**

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These support groups are open to cancer patients treated at MSK or in the community. Programs may change or be subject to cancellation. No observers without prior approval. If you are new to Resources for Life After Cancer support groups, registration is necessary. Please call 646-888-8106 or email [rlac@mskcc.org](mailto:rlac@mskcc.org) if you have any questions.

If you have any questions about the events and/or to sign up to be notified about future events, please contact: [communityaffairs@mskcc.org](mailto:communityaffairs@mskcc.org). For more information, visit us at [mskcc.org](https://www.mskcc.org).



Memorial Sloan Kettering  
Cancer Center

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REGISTRARSE



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