Blum Resource Center
July 2020 Programming on Zoom

<table>
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<th>WORKSHOPS AND EDUCATIONAL PROGRAMS</th>
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<th>Zoom Information:</th>
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<td>Spirituality and Cancer Workshop Series:</td>
<td>Wednesdays, 11 to 12:00 p.m.</td>
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| Led by Dana-Farber’s Chaplain, Yaroslav Nalysnyk, MD, this group series addresses the important role of spirituality in coping with cancer. | July 1
July 8
July 15
July 22
July 29 | Click here to Join
Passcode: 123456 |

The Eleanor and Maxwell Blum Patient and Family Resource Center is temporarily closed due to COVID-19 precautions. We hope that you will be able to join us for some of our digital programming.

Please let us know if you have any specific resource needs or questions by emailing Blum_Center@DFCI.Harvard.edu. For help connecting with a resource specialist to discuss assistance with short term accommodations or transportation to appointments please call 617-632-3301
Zakim Center Digital Programming

We would also like to encourage you to join the Zakim Center’s Online Nutrition Programs. Please see below for more information and for a link to their program calendar.

Zakim’s Kitchen: Home Edition - **Wednesdays at 1:15pm (30 minutes)**

A LIVE weekly cooking demo featuring themes and foods integral to cancer survivorship. The format includes discussion of how to shop, plan and make new meals along with nutrition tips for eating well in challenging times. Attendees can ask questions in real time using the chat feature. All patients, staff and families are welcome!

Zakim Center’s Ask the Nutritionist - **Thursdays at 12:45pm (45 minutes)**

This 45-minute session is the virtual equivalent of sitting down to chat with an oncology nutrition expert. Stephanie begins with an overview of a cancer-related nutrition topic like “Does Sugar Feed Cancer,” or “What can I eat to deal with treatment related side effects?” Then participants ask questions by anonymous submission in real time. These engaging discussions are LIVE via Zoom drop-in and open to all patients, families and staff. They are uniquely tailored to meet the general nutrition needs of people in every phase of cancer treatment and recovery. All patients, staff and families are welcome.

Click Here: [Zakim Center Program Calendar](#)

Click Here: [Pre-Recorded Group Programming on Youtube](#)