

BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



April 2025

STUDY PROGRESS HIGHLIGHTS

A total of **394** patients have enrolled in the study so far. The table to the right shows enrolled patients by cancer type.

DID YOU KNOW?

April is **Stress Awareness Month**. Taking steps to manage stress is important. Practicing deep breathing and meditation, talking to a trusted family member or friend, and other forms of self care can help with managing stress. You can try the **Insight Timer App at [insighttimer.com](https://www.insighttimer.com)** for free meditation, sleep, and relaxation support. For more resources, ask your community health worker about mental health resources for cancer patients.

Cancer Type	Number of participants
Breast	180
Prostate	108
Endometrial/Gynecologic	35
Gastrointestinal	31
Respiratory	10
Head and Neck	8
Other	22

COMMUNITY BASED ORGANIZATION SPOTLIGHT

BALTIMORE

City of Refuge provides free produce boxes to Baltimore residents.

Location and Hours

3401 7th St, Baltimore, MD 21225
Monday, Wednesday, and Thursday
8AM-10:30AM or until supplies run out

Learn More

Visit cityofrefugebaltimore.org or contact 410-355-6707 or info@cityofrefugebaltimore.org for more information.



DMV

Join Chef Laura at **Smith Center for Healing and the Arts for Healing in the Kitchen with Chef Laura**. Learn how to make nourishing, easy to prepare recipes. If others have been asking what they can do to help, bring them along. You'll all learn how to prepare nourishing meals and snacks to put in your freezer for those days when you don't feel like cooking.

Date and Time:

Saturday, April 12, 10:00AM-2:00PM

Location:

Smith Center for Healing and the Arts
1632 U St NW, Washington, DC 20009

RSVP: Contact programs@smithcenter.org or visit smithcenter.org to RSVP for this event.