



# JAN & FEB 2017

## FREE EXERCISE & WELLNESS CLASSES

See back for special classes, events and lectures

	CLASS	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
BROOKLYN	Gentle Aerobics *Seated Yoga	WEDNESDAYS 1:30 – 2:30 pm 1/4, 1/18, 2/8*	Kings County Hospital 451 Clarkson Ave	Free Open to cancer patients & survivors	For information: Call Moving For Life (212) 222-1351
	DanceExercise for Health	THURSDAYS 9:15 – 10:15 am 1/26 – 2/23	Brooklyn Arts Exchange 421 5 <sup>th</sup> Ave, Studio B	By donation Open to all	For information: Call Moving For Life (212) 222-1351
BRONX	DanceExercise for Cancer Recovery	BI-WEEKLY FRIDAYS 11:00 am – 12:00 pm 1/13, 1/27, 2/10, 2/24	Jacobi Medical Center 1400 Pelham Parkway S. Building 1, 6 <sup>th</sup> Fl	Free Open to cancer patients & survivors <b>Español &amp; English</b>	For information: Call Tina Stanise (718) 975-6558
MANHATTAN	DanceExercise for Bone Health	MONDAYS 11:00 am – 12:00 pm <b>(NO CLASS 1/2, 1/16, 2/20)</b>	Initiative for Women with Disabilities at NYU Langone 359 2 <sup>nd</sup> Ave, 1 <sup>st</sup> Fl.	\$50 for series of 5 classes Open to women with disabilities Must register with IWD	To register: Call IWD (212) 598-6429
	DanceExercise for Health	MONDAYS 2:00 – 3:00 pm <b>(NO CLASS 1/2, 1/16, 1/23, 2/20)</b>	92 <sup>nd</sup> Street Y 1395 Lexington Ave	Free Open to all	To register: Call 92 <sup>nd</sup> St Y (212) 415-5500 or visit: www.92y.org
	DanceExercise for Cancer Recovery	MONDAYS 3:45 – 5:00 pm <b>(NO CLASS 1/2, 1/16, 2/20)</b>	Gilda's Club 195 W Houston St.	Free Open to cancer patients, survivors & families	For information: Call Gilda's Club (212) 647-9700
	DanceExercise for Health	1 <sup>st</sup> & 2 <sup>nd</sup> TUESDAYS 5:00 – 6:00 pm 2/7, 2/14	Emblem Health 215 W. 125 <sup>th</sup> St.	Free Open to all	For information: Call Moving For Life (212) 222-1351
	DanceExercise for Cancer Recovery	WEDNESDAYS 12:00 – 1:00 pm	JCC of Manhattan 334 Amsterdam Ave @ 76 <sup>th</sup> St, 7 <sup>th</sup> Floor	Free Open to patients & survivors of reproductive cancers	To register: Call JCC (212) 523-7275
	DanceExercise for Cancer Recovery	THURSDAYS 4:00 – 5:00 pm	Mt. Sinai Beth Israel Comprehensive Cancer Ctr 325 W 15 <sup>th</sup> St Main Conference Room	Free Open to cancer patients & survivors	For information: Michelle Abraham (212) 694-6098 miabraham@chpnet.org
	DanceExercise for Cancer Recovery	SATURDAYS 11:00 am – 12:00pm <b>(NO CLASS 1/14, 2/25)</b>	JCC of Manhattan 334 Amsterdam Ave @ 76 <sup>th</sup> St, 5 <sup>th</sup> Floor	Free Open to patients & survivors of reproductive cancers <b>Español &amp; English</b>	For information: Call JCC (212) 523-7275
QUEENS	DanceExercise for Health	MONDAYS 6:30 – 7:30 pm 1/9 – 2/13	Flushing Town Hall 137-35 Northern Blvd	Free Open to all	For information: Call Moving For Life (212) 222-1351
	DanceExercise for Health	THURSDAYS 6:30 – 7:30 pm	Glen Oaks Public Library 256-04 Union Turnpike	Free Open to all	For information: Call Moving For Life (212) 222-1351
	Gentle Aerobics *Seated Yoga	MONTHLY FRIDAYS 2:00 – 3:30 pm 1/13, 2/10*	Queens Cancer Center 82-68 164th St, Rm A 540, Jamaica NY 11432	Free Open to cancer patients & survivors	For information: Call Moving For Life (212) 222-1351
HUDSON VALLEY	DanceExercise for Recovery	FRIDAYS 10:00 – 11:00 am 1/13 – 2/24	Kingston Library 55 Franklin St. Kingston, NY	Free Open to all	For information: Call Moving For Life (212) 222-1351
NEW JERSEY	DanceExercise for Health	MONDAYS 2:00 – 3:00 pm <b>(NO CLASS 1/2)</b>	Eureka Movement Wellness 281 Rt 34, Colts Neck, NJ	\$15 Suggested Donation Sliding Scale Open to all	For information: Call Sherry Greenspan (732) 252-6906

Check for updates online at: [www.movingforlife.org/class-calendars](http://www.movingforlife.org/class-calendars) | Call: 212.222.1351 | Email: [info@movingforlife.org](mailto:info@movingforlife.org)

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## EVENTS/LECTURES WITH DR. MARTHA EDDY & SPECIAL GUESTS

	ACTIVITY	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
<b>BRONX</b>	LatinaSHARE Lecture with Dr. Martha Eddy: <b><i>The Importance of Exercise in Cancer Recovery</i></b>	<u>Mon, Feb 27<sup>th</sup></u> 11:00 am – 1:00 pm	Lincoln Medical and Mental Health Center 234 E 149th St (Btwn Park & Morris Ave)	Free Open to cancer patients & survivors <b>Español</b>	For information: Contact Marissa Bianco mbianco@sharecancersupport.org
<b>MANHATTAN</b>	LatinaSHARE Lecture with Ana Leon Bella: <b><i>The Importance of Exercise in Cancer Recovery</i></b>	<u>Wed, Jan 11<sup>th</sup></u> 12:30 – 2:30 pm	Mt. Sinai St. Lukes Hospital 1111 Amsterdam Ave (Btwn 114 <sup>th</sup> & 115 <sup>th</sup> St)	Free Open to cancer patients & survivors <b>Español</b>	For information: Contact Marissa Bianco mbianco@sharecancersupport.org
	Lecture with Dr. Martha Eddy: <b><i>Managing Neuropathy</i></b>	<u>Tues, Jan 17<sup>th</sup></u> 11:00 am – 12:00 pm	Mt. Sinai Ruttenberg Treatment Center 1470 Madison Ave (Btwn 101 <sup>nd</sup> & 102 <sup>st</sup> St)	Free Open to cancer patients & survivors	For information: Contact Fran Ross fross@gildasclub.org
	LatinaSHARE Lecture with Dr. Martha Eddy: <b><i>The Importance of Exercise in Cancer Recovery</i></b>	<u>Wed, Feb 15<sup>th</sup></u> 12:30 – 2:00 pm	Mt. Sinai Beth Israel Comprehensive Cancer Ctr 325 W 15 <sup>th</sup> St Main Conference Room	Free Open to cancer patients & survivors <b>Español</b>	For information: Contact Marissa Bianco mbianco@sharecancersupport.org
	LatinaSHARE Lecture with Dr. Martha Eddy: <b><i>The Importance of Exercise in Cancer Recovery</i></b>	<u>Wed, Feb 15<sup>th</sup></u> 2:00 – 4:00 pm	Settlement Health 212 E 106 <sup>th</sup> St, #1 (Btwn 2 <sup>nd</sup> & 3 <sup>rd</sup> Ave)	Free Open to cancer patients & survivors <b>Español</b>	For information: Contact Marissa Bianco mbianco@sharecancersupport.org
	Lecture with Dana Davision: <b><i>Neuropathy and Joint Pain</i></b>	<u>Thurs, Feb 16<sup>th</sup></u> 5:00 – 6:00 pm	Mt. Sinai Beth Israel Comprehensive Cancer Ctr 325 W 15 <sup>th</sup> St Main Conference Room	Free Open to cancer patients & survivors	For information: Michelle Abraham (212) 694-6098 miabraham@chpnet.org
	LatinaSHARE Lecture with Ana Leon Bella: <b><i>The Importance of Exercise in Cancer Recovery</i></b>	<u>Thurs, Feb 23<sup>rd</sup></u> 10:00 – 11:30 am	New York-Presbyterian/ Columbia University Medical Center (Milstein Hospital Building) 177 Fort Washington Ave (Btwn W 165 <sup>th</sup> & 168 <sup>th</sup> St)	Free Open to cancer patients & survivors <b>Español</b>	For information: Contact Marissa Bianco mbianco@sharecancersupport.org
<b>QUEENS</b>	Queens SHARE Lecture with Catherine Gross: <b><i>Stress Reduction and Meditation During Recovery</i></b>	<u>Thurs, Feb 9<sup>th</sup></u> 7:00 – 8:00 pm	Samuel Field YM/YWHA 58-20 Little Neck Parkway (Btwn 59 <sup>th</sup> & 60 <sup>th</sup> Ave)	Free Open to cancer patients & survivors	To register, Email <a href="mailto:rsvp@sharecancersupport.org">rsvp@sharecancersupport.org</a> or call 212.719.2943
<b>STATEN ISLAND</b>	Presentation with Michele Cetera: <b><i>Introduction to Moving For Life</i></b>	<u>Sat, Jan 28<sup>th</sup></u> 12:00 – 12:45 pm	Staten Island University Hospital Medical Arts Pavillion 242 Mason Ave.	Free Open to oncology support group of the Northwell Hospital	For information: Contact Penny Troiano <a href="mailto:ptroiano1@northwell.edu">ptroiano1@northwell.edu</a>



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