



# JULY & AUGUST 2017 FREE EXERCISE & WELLNESS CLASSES

See back for special classes, events and lectures

CLASS	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT	
<b>BROOKLYN</b>	<i>DanceExercise for Breast Cancer Recovery</i>	MONDAYS 9:00 – 10:00 am	Coney Island Hospital 2601 Ocean Pkwy., 7 <sup>th</sup> Floor	Free Priority given to breast cancer patients & survivors Open to all Russian & English	Moving For Life (212) 222-1351
<b>BRONX</b>	<i>DanceExercise for Breast Cancer Recovery</i>	MONDAYS 1:00 – 2:00 pm	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Free Priority given to breast cancer patients & survivors Open to all Spanish & English	Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	BI-WEEKLY FRIDAYS 11:00 am – 12:00 pm 7/14, 7/28, 8/11, 8/25	Jacobi Medical Center 1400 Pelham Parkway S. Building 1, 6 <sup>th</sup> Floor	Free Open to cancer patients & survivors Spanish & English	Cindy Tavarez (718) 975-6558
<b>MANHATTAN</b>	<i>DanceExercise for Bone Health</i>	MONDAYS 11:00 am – 12:00 pm (Session 1: 7/10–8/7) (Session 2: 8/21–9/18)	Initiative for Women with Disabilities at NYU Langone 359 2 <sup>nd</sup> Ave., 1 <sup>st</sup> Floor	Session 1: \$50 Session 2: \$40 Open to women with disabilities Must register with IWD	To register: IWD (212) 598-6429
	<i>DanceExercise for Cancer Recovery</i>	MONDAYS 3:45 – 5:00 pm	Gilda's Club 195 W. Houston St.	Free Open to cancer patients, survivors & families	Gilda's Club (212) 647-9700
	<i>DanceExercise for Cancer Recovery</i>	WEDNESDAYS 12:00 – 1:00 pm (NO CLASS: 8/23)	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: JCC (212) 523-7275
	<i>DanceExercise for Cancer Recovery</i>	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	Michelle Abraham (212) 694-6098 miabraham@chpnet.org
	<i>DanceExercise for Cancer Recovery</i>	SATURDAYS 11:00 am – 12:00 pm (NO CLASS: 7/1)	JCC of Manhattan 334 Amsterdam Ave. @ 76 <sup>th</sup> St., 5 <sup>th</sup> Floor	Free Open to patients & survivors of reproductive cancers Spanish & English	JCC (212) 523-7275
<b>QUEENS</b>	<i>DanceExercise for Health</i>	THURSDAYS 6:00 – 7:00 pm	Glen Oaks Public Library 256-04 Union Turnpike	Free Open to all	Moving For Life (212) 222-1351
<b>HUDSON VALLEY</b>	<i>DanceExercise for Breast Cancer Recovery</i>	FRIDAYS 10:00 – 11:00 am	Kingston Library 55 Franklin St. Kingston, NY	Free Priority given to breast cancer patients & survivors Open to all	Moving For Life (212) 222-1351

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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# JULY & AUGUST 2017

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

	ACTIVITY	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
MANHATTAN	Lecture with Dr. Martha Eddy: <b><i>Preventing Joint Pain</i></b>	<u>Wed, July 19th</u> 1:30 – 2:30 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: JCC (212) 523-7275
	Lecture with Dr. Martha Eddy: <b><i>Managing Neuropathy</i></b>	<u>Thurs, July 20th</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
	Lecture with Dr. Martha Eddy: <b><i>Improving Sex &amp; Intimacy</i></b>	<u>Thurs, Aug 10th</u> 5:30 – 6:30 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: JCC (212) 523-7275
BROOKLYN	Moving For Life with Dana Davison: <b><i>Gentle Aerobics</i></b>	<u>Wed, Aug 16th</u> 1:30 – 2:30 pm	Kings County Hospital 451 Clarkson Ave., 4 <sup>th</sup> Floor	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
	Lecture with Dana Davison: <b><i>Relieving Joint Pain &amp; Neuropathy</i></b>	<u>Wed, Aug 23rd</u> 1:30 – 2:30 pm	Kings County Hospital 451 Clarkson Ave., 4 <sup>th</sup> Floor	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351



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