



MAR & APR 2017 FREE EXERCISE & WELLNESS CLASSES

See back for special classes, events and lectures

	CLASS	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
BROOKLYN	<i>DanceExercise for Breast Cancer Recovery</i>	<u>MONDAYS</u> 9:00 – 10:00 am 4/3 – 4/24	Coney Island Hospital 2601 Ocean Pkwy., 7 th Floor	Free Priority given to breast cancer patients & survivors Open to all	Moving For Life (212) 222-1351
	<i>Seated Yoga or *Gentle Aerobics</i>	<u>WEDNESDAYS</u> 1:30 – 2:30 pm 3/8, 3/22, 4/5, 4/12*	Kings County Hospital 451 Clarkson Ave.	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
	<i>DanceExercise for Health</i>	<u>THURSDAYS</u> 9:15 – 10:15 am 3/2 – 3/30	Brooklyn Arts Exchange 421 5 th Ave., Studio B	By donation Open to all	Moving For Life (212) 222-1351
BRONX	<i>DanceExercise for Breast Cancer Recovery</i>	<u>MONDAYS</u> 1:00 – 2:00 pm Starting 4/17	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Free Priority given to breast cancer patients & survivors Open to all	Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	<u>BI-WEEKLY FRIDAYS</u> 11:00 am – 12:00 pm 3/10, 3/24	Jacobi Medical Center 1400 Pelham Parkway S. Building 1, 6 th Floor	Free Open to cancer patients & survivors Español & English	Tina Stanise (718) 975-6558
MANHATTAN	<i>DanceExercise for Bone Health</i>	<u>MONDAYS</u> 11:00 am – 12:00 pm (NO CLASS 3/27 & 4/3)	Initiative for Women with Disabilities at NYU Langone 359 2 nd Ave., 1 st Floor	\$50 for series of 5 classes Open to women with disabilities Must register with IWD	To register: IWD (212) 598-6429
	<i>DanceExercise for Health</i>	<u>MONDAYS</u> 2:00 – 3:00 pm	92 nd Street Y 1395 Lexington Ave.	Free Open to all Must register with 92 nd St Y	To register: 92 nd St Y (212) 415-5500 www.92y.org
	<i>DanceExercise for Cancer Recovery</i>	<u>MONDAYS</u> 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 Health</i>	<u>1ST & 2ND TUESDAYS</u> 5:00 – 6:00 PM 3/7, 3/14, 4/4, 4/11	Emblem Health 215 W. 125 th St.	Free Open to all	For information: Call Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	<u>WEDNESDAYS</u> 12:00 – 1:00 pm	JCC of Manhattan 334 Amsterdam Ave @ 76 th St., 7 th Floor	Free Open to patients & survivors of reproductive cancers	To register: JCC (212) 523-7275
	<i>DanceExercise for Cancer Recovery</i>	<u>THURSDAYS</u> 4:00 – 5:00 pm	Mt. Sinai Beth Israel Comprehensive Cancer Ctr. 325 W. 15 th St. Main Conference Room	Free Open to cancer patients & survivors	Michelle Abraham (212) 694-6098 miabraham@chpnet.org
	<i>DanceExercise for Cancer Recovery</i>	<u>SATURDAYS</u> 11:00 am – 12:00 pm	JCC of Manhattan 334 Amsterdam Ave. @ 76 th St., 5 th Floor	Free Open to patients & survivors of reproductive cancers Español & English	JCC (212) 523-7275
QNS	<i>DanceExercise for Health</i>	<u>THURSDAYS</u> 6:00 – 7:00 pm	Glen Oaks Public Library 256-04 Union Turnpike	Free Open to all	Moving For Life (212) 222-1351
	<i>DanceExercise for Health</i>	<u>MONDAYS</u> 1:00 – 2:30 pm <u>FRIDAYS</u> 10:00 – 11:30 am	Clearview Senior Center 208-11 26th Ave Bayside, NY	Free Open to all	Moving For Life (212) 222-1351
HUDSON VALLEY	<i>DanceExercise for Health</i>	<u>FRIDAYS</u> 10:00 – 11:00 am 3/3 – 3/30	Kingston Library 55 Franklin St. Kingston, NY	Free Open to all	Moving For Life (212) 222-1351
	<i>DanceExercise for Breast Cancer Recovery</i>	<u>FRIDAYS</u> 10:00 – 11:00 am 4/7*, 4/14, 4/21, 4/28 *Incl. lecture (see back)	Kingston, NY Exact Location: TBD For updates, visit: www.movingforlife.org	Free Priority given to breast cancer patients & survivors Open to all	To Register: HealthAlliance Hospital (845) 339-2071 oncology.support@hahv.org

Stay tuned for NEW classes at George Bruce Public Library on W. 125th St. in West Harlem!

Check for updates online at: www.movingforlife.org/class-calendars | Call: 212.222.1351 | Email: info@movingforlife.org

/movingforlifedanceexercise movingforlife_1

MAR & APR 2017

EVENTS/LECTURES WITH DR. MARTHA EDDY & SPECIAL GUESTS

	ACTIVITY	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
BRONX	Introduction to Moving For Life with Ana Leon Bella: <i>The Importance of Exercise in Cancer Recovery</i>	<u>Mon, Apr 17th</u> 11:30 am – 12:30 pm	Lincoln Medical and Mental Health Center 234 E 149th St (Btwn Park & Morris Ave)	Free Priority given to breast cancer patients & survivors Open to all	Moving For Life (212) 222-1351
	Introduction to Moving For Life with Dana Davison: <i>The Importance of Exercise in Cancer Recovery</i>	<u>Mon, Mar 13th</u> 12:00 – 1:00 pm	Coney Island Hospital 2601 Ocean Pkwy., 7 th Fl.	Free Priority given to breast cancer patients & survivors Open to all	Moving For Life (212) 222-1351
BROOKLYN	Lecture with Dana Davison: <i>Dealing with Fatigue</i>	<u>Tues, Apr 11th</u> 3:30 – 4:30 pm	Bedford Stuyvesant Restoration Plaza 1368 Fulton St.	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
MANHATTAN	Lecture with Dana Davison: <i>Personal Exercises for Stress Reduction</i>	<u>Thurs, Mar 9th</u> 5:00 – 6:00 pm	Mt. Sinai Beth Israel Comprehensive Cancer Ctr. 325 W. 15 th St. Main Conference Room	Free Open to cancer patients & survivors	For information: Contact Marissa Bianco mbianco@sharecancersupport.org
	Lecture with Dr. Martha Eddy: <i>A Chance to Dance</i>	<u>Thurs, Apr 13th</u> 5:00 – 6:00 pm	Mt. Sinai Beth Israel Comprehensive Cancer Ctr. 325 W. 15 th St. Main Conference Room	Free Open to cancer patients & survivors	For information: Michelle Abraham (212) 694-6098 miabraham@chpnet.org
QUEENS	Lecture with Catherine Gross: <i>Managing Lymphedema Through Exercise</i>	<u>Fri, Mar 10th</u> 2:00 – 3:30 pm	Queens Cancer Center 82-68 164 th St., Rm. A-540	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
HUDSON VALLEY	Introduction to Moving For Life with Dr. Martha Eddy: <i>The Importance of Exercise in Cancer Recovery</i>	<u>Fri, Apr 7th</u> 10:00 – 11:30 am	Kingston Library 55 Franklin St. Kingston, NY	Free Priority given to breast cancer patients & survivors Open to all	To Register: HealthAlliance Hospital (845) 339-2071 oncology.support@hahv.org

17th ANNUAL STOWE WEEKEND OF HOPE: May 5-7, 2017

FREE Conference for Cancer Patients, Survivors and Their Families in Stowe, Vermont.

Visit www.StoweHope.org to register. Join Moving For Life and other great people in sharing resources for cancer survivors and their families. Visit our booth for relaxing mini-movement therapy sessions to reduce stress and gain range of motion.

11th ANNUAL NYC DANCE PARADE & FESTIVAL: Saturday, May 20, 2017, 1-3pm

Ready to take your moves to the street with Moving For Life and hundreds of other dance enthusiasts young and old? We are now recruiting all Moving For Life teachers, students, friends and family to join our beloved tradition of boogin' down Broadway in May. For details, visit www.danceparade.org. To sign up, simply email us at: info@MovingForLife.org.



Check for updates online at: www.movingforlife.org/class-calendars | Call: 212.222.1351 | Email: info@movingforlife.org

 /movingforlifedanceexercise  movingforlife_1