



# MAY & JUNE 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>	<u>MONDAYS</u> 9:00 – 10:00 am <b>(NO CLASS 5/29)</b>	Coney Island Hospital 2601 Ocean Pkwy., 7 <sup>th</sup> Floor	Free Priority given to breast cancer patients & survivors Open to all <b>Russian &amp; English</b>	Moving For Life (212) 222-1351
	<i>Seated Yoga or *Gentle Aerobics</i>	<u>WEDNESDAYS</u> 1:30 – 2:30 pm 5/3, *5/17, 6/7, *6/21	Kings County Hospital 451 Clarkson Ave., 4 <sup>th</sup> Floor	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
<b>BRONX</b>	<i>DanceExercise for Breast Cancer Recovery</i>	<u>MONDAYS</u> 1:00 – 2:00 pm <b>(NO CLASS 5/29)</b>	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Free Priority given to breast cancer patients & survivors Open to all <b>Spanish &amp; English</b>	Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	<u>BI-WEEKLY FRIDAYS</u> 11:00 am – 12:00 pm 5/19, 6/2, 6/16, 6/30	Jacobi Medical Center 1400 Pelham Parkway S. Building 1, 6 <sup>th</sup> Floor	Free Open to cancer patients & survivors <b>Spanish &amp; English</b>	Cindy Tavarez (718) 975-6558
<b>MANHATTAN</b>	<i>DanceExercise for Bone Health</i>	<u>MONDAYS</u> 11:00 am – 12:00 pm <b>(NO CLASS 5/29 &amp; 6/26)</b>	Initiative for Women with Disabilities at NYU Langone 359 2 <sup>nd</sup> Ave., 1 <sup>st</sup> 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 <b>(NO CLASS 5/29)</b>	92 <sup>nd</sup> Street Y 1395 Lexington Ave.	Free Open to all Must register with 92 <sup>nd</sup> St Y	To register: 92 <sup>nd</sup> St Y (212) 415-5500 www.92y.org
	<i>DanceExercise for Cancer Recovery</i>	<u>MONDAYS</u> 3:45 – 5:00 pm <b>(NO CLASS 5/29)</b>	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>1<sup>ST</sup> &amp; 2<sup>ND</sup> TUESDAYS</u> 5:00 – 6:00 PM 5/2, 5/9, 6/6, 6/13	Emblem Health 215 W. 125 <sup>th</sup> 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 <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>	<u>THURSDAYS</u> 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>	<u>SATURDAYS</u> 11:00 am – 12:00 pm	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>Spanish &amp; English</b>	JCC (212) 523-7275
<b>QUEENS</b>	<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
	<b>NEW CLASS!</b> <i>DanceExercise for Health</i>	<u>MONDAYS</u> 1:00 – 2:30 pm <b>(NO CLASS 5/29)</b> <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
<b>LONG ISLAND</b>	<b>NEW CLASS!</b> <i>DanceExercise for Health</i>	<u>TUESDAYS</u> 8:00 – 8:50 pm	West Hempstead Public Library 500 Hempstead Ave	Free Open to all	Moving For Life (212) 222-1351
<b>HUDSON VALLEY</b>	<i>DanceExercise for Breast Cancer Recovery</i>	<u>FRIDAYS</u> 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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## EVENTS/LECTURES WITH DR. MARTHA EDDY & SPECIAL GUESTS

	ACTIVITY	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
<b>BRONX</b>	Lecture with Caroline King: <b><i>Stress Reduction, Meditation &amp; Exercise Strategies</i></b>	Fri, June 30 <sup>th</sup> 12:00 – 1:00 pm	Jacobi Medical Center 1400 Pelham Parkway S. Building 1, 6 <sup>th</sup> Floor	Free Open to cancer patients & survivors Spanish & English	To register: SHARE Cancer Support (212) 719-2943 rsvp@sharecancersupport.org
<b>MANHATTAN</b>	Lecture with Dana Davison: <b><i>Stress Reduction, Meditation &amp; Exercise Strategies</i></b>	Mon, May 1 <sup>st</sup> 7:00 – 8:00 pm	SHARE Cancer Support 165 West 46th St, Suite 712	Free Open to cancer Patients & survivors	To register: SHARE Cancer Support (212) 719-2943 rsvp@sharecancersupport.org
	Lecture: <b><i>Managing Neuropathy &amp; Joint Pain</i></b>	Thurs, May 11th 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>Navigate Your Body Back to Health</i></b>	Tues, June 13th 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
<b>QUEENS</b>	Lecture with Catherine Gross: <b><i>Stress Reduction, Meditation &amp; Exercise Strategies</i></b>	Thurs, June 8th 7:00 – 8:00 pm	Samuel Field YM/YWHA, 58-20 Little Neck Parkway Little Neck	Free Open to cancer patients & survivors	To register: SHARE Cancer Support (212) 719-2943 rsvp@sharecancersupport.org
<b>HUDSON VALLEY</b>	Lecture with Dana Davison: <b><i>Handling Stress &amp; Fatigue: Meditation &amp; Exercise Strategies</i></b>	Fri, May 5th 11:00 – 11:30 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
	Introduction to Moving For Life with Florence Poulain: <b><i>The Importance of Exercise in Cancer Recovery</i></b>	Thurs, June 1st 1:00 – 2:00 pm	Saugerties Library Community Room Lower Level 91 Washington Avenue Saugerties, NY	Free Priority given to breast cancer patients & survivors Open to all	Moving For Life (212) 222-1351

## MOVING FOR LIFE AT LOCAL & REGIONAL EVENTS

### 17<sup>th</sup> 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](http://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.

### 11<sup>th</sup> 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 boogying down Broadway in May. For details, visit [www.danceparade.org](http://www.danceparade.org). To sign up, simply email us at: [info@MovingForLife.org](mailto:info@MovingForLife.org).



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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