



NOV – DEC 2017 FREE EXERCISE & WELLNESS CLASSES

See back for special classes, events and lectures

CLASS	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT	
BRONX	<i>DanceExercise for Breast Cancer Recovery</i>	MONDAYS 1:00 – 2:00 pm (NO CLASS 12/25)	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Free Open to all Priority given to breast cancer patients & survivors Spanish & English	Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	BI-WEEKLY FRIDAYS 11:00 am – 12:00 pm 11/10, 12/1, 12/15	Jacobi Medical Center 1400 Pelham Parkway S. Building 1, 6 th Floor	Free Open to cancer patients & survivors Spanish & English	Cindy Tavarez (718) 975-6558
BROOKLYN	<i>DanceExercise for Breast Cancer Recovery</i>	MONDAYS 10:00 – 11:00 am 11/11 ONLY	Coney Island Library 1901 Mermaid Ave.	Free Open to all Priority given to breast cancer patients & survivors Russian & English	Moving For Life (212) 222-1351
	<i>Gentle Aerobics or *Seated Yoga</i>	WEDNESDAYS 1:30 – 2:30 pm 11/1, *11/22, 12/6	Kings County Hospital 451 Clarkson Ave. 4 th Floor	Free Open to all Open to cancer patients & survivors	Moving For Life (212) 222-1351
	<i>DanceExercise for Health</i>	TUES/THUR 5-6 pm 11/2, 11/9, 11/14, 11/21	FRIDAY 12-1pm 11/3	Emblem Health Crown Heights 546 Eastern Parkway	Free Open to all Moving For Life (212) 222-1351
MANHATTAN	<i>DanceExercise for Bone Health</i>	MONDAYS 11:00 am – 12:00 pm Fall Session 2: 11/13–12/4	Initiative for Women with Disabilities at NYU Langone 359 2 nd Ave., 1 st Floor	Fall Session 2: \$40 Open to women with disabilities Must register with IWD	To register: IWD (212) 598-6429
	<i>DanceExercise for Health</i>	MONDAYS 2:00 – 3:00 pm (NO CLASS 12/25)	92nd Street Y 1395 Lexington Ave	Free Open to all	To register: Call 92Y at (212) 415-5500 or visit www.92y.org
	<i>DanceExercise for Cancer Recovery</i>	MONDAYS 3:45 – 5:00 pm (NO CLASS 12/25)	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>	TUESDAYS 5:00 – 6:00 PM 11/14 Dec Classes: TBA	Emblem Health Harlem 215 W. 125 th St.	Free Open to all	To confirm class dates: Call Nicole Browne-Jones (646) 574-9173
	<i>DanceExercise for Cancer Recovery</i>	WEDNESDAYS 12:00 – 1:00 pm (NO CLASS 12/27)	JCC of Manhattan 334 Amsterdam Ave @ 76 th St., 7 th Floor	Free Open to patients & survivors of reproductive cancers	To register: JCC (646) 717-9383
	<i>DanceExercise for Cancer Recovery</i>	WEDNESDAYS 6:30 – 7:30 pm 11/1 – 11/29	Mount Sinai St. Lukes 1111 Amsterdam Avenue	Free Open to all Priority given to breast cancer patients & survivors	Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	THURSDAYS 4:00 – 5:00 pm (NO CLASS 11/23)	Mount 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>	SATURDAYS 11:00 am – 12:00 pm (NO CLASS 11/25, 12/30)	JCC of Manhattan 334 Amsterdam Ave. @ 76 th St., 5 th Floor	Free Open to patients & survivors of reproductive cancers Spanish & English	JCC (646) 717-9383
QUEENS	<i>DanceExercise for Health</i>	TUESDAYS 1:30 – 2:30 pm 11/7, 11/14, 11/21, 11/28	Flushing Public Library 41-17 Main St	Free Open to all	Tamara Michel (917) 702-4295 tmichel@queenslibrary.org
	<i>DanceExercise for Health</i>	THURSDAYS 6:00 – 7:00 pm (NO CLASS 11/23)	Glen Oaks Public Library 256-04 Union Turnpike	Free Open to all	Tamara Michel (917) 702-4295 tmichel@queenslibrary.org
	<i>DanceExercise for Breast Cancer Recovery</i>	FRIDAYS 2:00 – 3:00 pm (NO CLASS 11/24)	Queens Cancer Center 82-68 164 th St. Main Bldg 5 th Fl, Room A540 Jamaica, NY	Free Open to all Priority given to breast cancer patients & survivors	Moving For Life (212) 222-1351
HUDSON VALLEY	<i>DanceExercise for Breast Cancer Recovery</i>	FRIDAYS 10:00 – 11:00 am (NO CLASS 11/24)	Kingston Library 55 Franklin St. Kingston, NY	Free Open to all Priority given to breast cancer patients & survivors	Moving For Life (212) 222-1351
NJ	<i>DanceExercise for Health</i>	MONDAYS 10:30 – 11:30 pm (NO CLASS 12/25)	Eureka Movement Wellness 281 Rt 34, Colts Neck, NJ	\$20/class or \$50/3 classes Sliding scale available Open to all	To Register: Sherry Greenspan (732) 252-6906

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

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EVENTS/LECTURES WITH DR. MARTHA EDDY & SPECIAL GUESTS

ACTIVITY	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
<p>Lecture with Dana Davison: <i>Managing Lymphedema</i></p>	<p><u>Wed, Nov 8th</u> 1:30 – 2:30 pm</p>	<p>JCC of Manhattan 334 Amsterdam Ave @ 76th St., 7th Floor</p>	<p>Free Open to cancer patients & survivors</p>	<p>To register: JCC (646) 717-9383</p>
<p>Lecture with Dana Davison: <i>Strengthening Your Immune System</i></p>	<p><u>Thurs, Nov 16th</u> 5:00 – 6:00 pm</p>	<p>Mt. Sinai Beth Israel Comprehensive Cancer Ctr. 325 W. 15th St. Main Conference Room</p>	<p>Free Open to cancer patients & survivors</p>	<p>For information: Michelle Abraham (212) 694-6098 miabraham@chpnet.org</p>
<p>Lecture with Dr. Martha Eddy: <i>Remedies for Post-Treatment Instability</i></p>	<p><u>Tues, Dec 12th</u> 5:30 – 6:30 pm</p>	<p>JCC of Manhattan 334 Amsterdam Ave @ 76th St., 7th Floor</p>	<p>Free Open to cancer patients & survivors</p>	<p>To register: JCC (646) 717-9383</p>
<p>Lecture with Dr. Martha Eddy: <i>Overcoming Fatigue</i></p>	<p><u>Thurs, Dec 14th</u> 5:00 – 6:00 pm</p>	<p>Mt. Sinai Beth Israel Comprehensive Cancer Ctr. 325 W. 15th St. Main Conference Room</p>	<p>Free Open to cancer patients & survivors</p>	<p>For information: Michelle Abraham (212) 694-6098 miabraham@chpnet.org</p>

MANHATTAN



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