



# SEPT – OCT 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>	MONDAYS 9:00 – 10:00 am 9/11, 9/18, 10/2, 10/9	Coney Island Hospital 2601 Ocean Pkwy., 7 <sup>th</sup> Floor	Free/ Open to all Priority given to breast cancer patients & survivors <b>Russian &amp; English</b>	Moving For Life (212) 222-1351
	<i>DanceExercise for Breast Cancer Recovery</i>	MONDAYS 10:00 – 11:00 am 9/25, 10/16, 10/23, 10/30	Coney Island Library 1901 Mermaid Ave	Free/ Open to all Priority given to breast cancer patients & survivors <b>Russian &amp; English</b>	Moving For Life (212) 222-1351
	<i>Gentle Aerobics or *Seated Yoga</i>	WEDNESDAYS 1:30 – 2:30 pm 9/6, *9/20, 10/4, *10/11	Kings County Hospital 451 Clarkson Ave., 4 <sup>th</sup> Floor	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
BRONX	<i>DanceExercise for Breast Cancer Recovery</i>	MONDAYS 1:00 – 2:00 pm <b>(NO CLASS 9/4, 10/9)</b>	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Free/Open to all Priority given to breast cancer patients & survivors <b>Spanish &amp; English</b>	Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	BI-WEEKLY FRIDAYS 11:00 am – 12:00 pm 9/1, 9/15, 9/29, 10/13, 10/27	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
MANHATTAN	<i>DanceExercise for Bone Health</i>	MONDAYS 11:00 am – 12:00 pm 10/2–10/30	Initiative for Women with Disabilities at NYU Langone 359 2 <sup>nd</sup> Ave., 1 <sup>st</sup> Floor	\$50 for 5-Class Series Open to women with disabilities Must register with IWD	To register: IWD (212) 598-6429
	<i>DanceExercise for Health</i>	MONDAYS Launches Sept 25 2:00 – 3:00 pm	92nd Street Y 1395 Lexington Ave	Free Open to all	To register: Call 92nd St Y (212) 415-5500 or visit: www.92y.org
	<i>DanceExercise for Cancer Recovery</i>	MONDAYS 3:45 – 5:00 pm <b>(NO CLASS 9/4, 10/9)</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>	2 <sup>nd</sup> & 3 <sup>rd</sup> TUESDAYS 5:00 – 6:00 PM 9/12, 9/19, 10/10, 10/17	Emblem Health 215 W. 125 <sup>th</sup> St.	Free Open to all	To confirm classes: Call Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	WEDNESDAYS 12:00 – 1:00 pm <b>(NO CLASS 9/20)</b>	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 (646) 717-9383
	<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 <b>(NO CLASS 9/2, 9/30)</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>Spanish &amp; English</b>	JCC (646) 717-9383
QUEENS	<i>DanceExercise for Health</i>	TUESDAYS 1:30 – 2:30 pm	Flushing Public Library 41-17 Main St. Downstairs Area A&B	Free Open to all	Moving For Life (212) 222-1351
	<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
	<i>DanceExercise for Breast Cancer Recovery</i>	FRIDAYS Launches Sept 29 2:00 – 3:00 pm	Queens Cancer Center 82-68 164 <sup>th</sup> St. Main Bldg 5 <sup>th</sup> Fl, Room A540 Jamaica, NY	Free Priority given to breast cancer patients & survivors Open to all	Moving For Life (212) 222-1351
HUDSON VALLEY	<i>DanceExercise for Breast Cancer Recovery</i>	FRIDAYS 10:00 – 11:00 am <b>(NO CLASS 9/22)</b>	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 at: [www.movingforlife.org/class-calendars](http://www.movingforlife.org/class-calendars) | Call: 212.222.1351 | Email: [info@movingforlife.org](mailto:info@movingforlife.org)

# SEPT – OCT 2017

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

	ACTIVITY	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
<b>BRONX</b>	Lecture with Dr. Martha Eddy: <i>Managing Neuropathy &amp; Joint Pain</i>	Fri, Oct 27 <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 <b>Spanish &amp; English</b>	To register: SHARE Cancer Support (212) 719-2943 rsvp@sharecancersupport.org
<b>BROOKLYN</b>	Lecture with Dana Davison: <i>The Importance of Exercise in Cancer Recovery</i>	Tues, Sept 26 <sup>th</sup> 3:30 – 4:30 pm	Restoration Plaza 1368 Fulton St.	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
	Lecture with Dana Davison: <i>Stress Reduction, Meditation &amp; Exercise Strategies</i>	Mon, Sept 18 <sup>th</sup> 12:00 – 1:00 pm	Coney Island Library 1901 Mermaid Ave	Free Open all	Moving For Life (212) 222-1351
<b>MANHATTAN</b>	Lecture with Dr. Martha Eddy: <i>Managing Neuropathy &amp; Joint Pain</i>	Mon, Sept 11 <sup>th</sup> 1:00 – 2:00 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 with Dr. Martha Eddy: <i>Moving through Neuropathy</i>	Thurs, Sept 14 <sup>th</sup> 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: <i>Stress Reduction, Meditation &amp; Exercise Strategies</i>	Tues, Sept 19 <sup>th</sup> 5:00 – 6:00 pm	Emblem Health 215 W. 125 <sup>th</sup> St.	Free Open to cancer patients & survivors	To register: SHARE Cancer Support (212) 719-2943 rsvp@sharecancersupport.org
	Lecture with Dr. Martha Eddy: <i>Biochemical Impact of Treatments on Your Body, Intimacy &amp; Sexuality</i>	Thurs, Sept 28 <sup>th</sup> 7:15 – 8:45 pm	JCC of Manhattan 334 Amsterdam Ave @ 76 <sup>th</sup> St., 7 <sup>th</sup> Floor	Free Open to cancer patients & survivors	To register: JCC (646) 717-9383
	Lecture with Dr. Martha Eddy: <i>Improving Range of Motion after Breast Surgery, Chemo or Radiation</i>	Thurs, Oct 19 <sup>th</sup> 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
<b>QUEENS</b>	Lecture with Dr. Martha Eddy: <i>The Importance of Exercise in Cancer Recovery</i>	Friday, Sept 15 <sup>th</sup> 2:00 – 3:00 pm	Queens Cancer Center, 82-68 164 <sup>th</sup> St. Main Bldg 5 <sup>th</sup> Fl, Room A540 Jamaica, NY	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351

## SPECIAL EVENTS

### MOVING FOR LIFE 2017 HIKE-A-THON: From Central Park to Fort Tryon Park

**SUNDAY, SEPT 17<sup>th</sup> | 9:30am-12pm & 12pm- 3:30pm | Registration: \$20 by 9/12 & \$30 by 9/17**

Put those walking shoes on and join Moving For Life for an invigorating stroll through the cliffside parks of northern Manhattan, traversing a total of 5 parks over 6 miles of breathtaking views of both the East and Hudson Rivers. Highlights include a tour over the newly re-opened and car-free High Bridge, a jaunt into Swindler Cove, an environmental oasis, and a peek into The Cloisters, a hidden museum of medieval art & architecture in Fort Tryon Park. Help support our free classes by registering or rallying friends to sponsor your walk. Hike morning, afternoon or both segments! For info, visit [www.movingforlife.org](http://www.movingforlife.org) or call 212.222.1351.

### SPA DAY @ SAVOR SPA

**TUESDAY, OCT 24<sup>th</sup> | Time: TBA | \$50/single ticket or \$80/couples ticket**

Luxuriate with friends at the organic mask bar, receive beautifying & natural make-up touchups by a personal esthetician, sip on some refreshments and leave with handmade goodies. All proceeds to benefit Moving For Life programs. Tickets available at [www.movingforlife.org](http://www.movingforlife.org) starting Oct 1<sup>st</sup>. Spa treatments courtesy of Savor Spa, 327 W 11<sup>th</sup> St, New York, NY 10014. Website: [www.savorspa.com](http://www.savorspa.com)



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