

JAN – FEB 2018

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 1/1 & 1/15)	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 1/12, 1/26, 2/16	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 10:15 – 11:15 am 1/8, 1/22, 1/29, 2/5	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>Seated Yoga or *Gentle Aerobics</i>	WEDNESDAYS 1:30 – 2:30 pm 1/10, *2/7, 2/21	Kings County Hospital 451 Clarkson Ave. 4 th Floor	Free Open to cancer patients & survivors	Moving For Life (212) 222-1351
	<i>DanceExercise for Health</i>	THURSDAYS 5:00 – 6:00 pm	Emblem Health Crown Heights 546 Eastern Parkway	Free Open to Emblem Health members	To Register/Confirm Dates: (855) 283-2156
MANHATTAN	<i>DanceExercise for Bone Health</i>	MONDAYS 11:00 am – 12:00 pm (NO CLASS 1/1 & 1/15)	Initiative for Women with Disabilities at NYU Langone 359 2 nd Ave., 1 st Floor	5-Class Session: \$50 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 Starting 1/29	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 1/1, 1/15, 2/19)	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 (NO CLASS 1/2)	Emblem Health Harlem 215 W. 125 th St.	Free Open to all	To Register/Confirm Dates: (866) 469-0999
	<i>DanceExercise for Young Adults in Cancer Recovery</i>	TUESDAYS 7:00 – 8:00 PM (NO CLASS 1/2)	PONO 2002 5 th Avenue	Free Open to young adults in cancer recovery	Moving For Life (212) 222-1351
	<i>DanceExercise for Cancer Recovery</i>	WEDNESDAYS 12:00 – 1:00 pm (NO CLASS 1/3)	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>	THURSDAYS 4:00 – 5:00 pm	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	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>	THURSDAYS 6:00 – 7:00 pm	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	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 Starting 1/26	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 am (NO CLASS 1/1)	Eureka Movement Wellness 281 Rt 34, Colts Neck, NJ	\$20/class or \$50/3 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

JAN – FEB 2018

EVENTS/LECTURES WITH DR. MARTHA EDDY & SPECIAL GUESTS

	ACTIVITY	WHEN	LOCATION	ELIGIBILITY/INFO	CONTACT
BRONX	Lecture with Dr. Martha Eddy <i>Managing Neuropathy & Joint Pain</i>	Sun, Feb 11 th 5:00 – 6:00 pm	Riverdale Y 5625 Arlington Ave.	Free Open to cancer patients & survivors	For information: Bette Clark betteclark@gmail.com
MANHATTAN	Lecture with Dana Davison: <i>Managing Neuropathy</i>	Thurs, Jan 18 th 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
	Lecture with Dr. Martha Eddy <i>Strengthening the Immune System</i>	Thurs, Feb 15th 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



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

 /movingforlifedanceexercise  movingforlife_1