

JAN – FEB 2018

FREE EXERCISE & WELLNESS CLASSES

See back for special classes, events and lectures

| | CLASS | WHEN | LOCATION | ELIGIBILITY/INFO | CONTACT |
|---------------|---|--|---|---|--|
| BRONX | DanceExercise for Breast Cancer Recovery | 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 |
| | DanceExercise for Cancer Recovery | 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 | DanceExercise for Breast Cancer Recovery | MONDAYS 10:15 – 11:15 am 1/8, 1/22, 1/29, 2/5, *2/12 | Coney Island Library 1901 Mermaid Ave. *Golden Fleece 1519 Mermaid Ave. | Free Open to all Priority given to breast cancer patients & survivors Russian & English | Moving For Life (212) 222-1351 |
| | Seated Yoga or *Gentle Aerobics | 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 |
| | DanceExercise for Health | 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 | DanceExercise for Bone Health | 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 |
| | DanceExercise for Health | 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 |
| | DanceExercise for Cancer Recovery | 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 |
| | DanceExercise for Health | 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 |
| | DanceExercise for Young Adults in Cancer Recovery | 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 |
| | DanceExercise for Cancer Recovery | 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 |
| | DanceExercise for Cancer Recovery | WEDNESDAYS 4:30 – 5:30pm 2/21, 3/21, 4/18 | Metropolitan Hospital 1901 1 st Ave, 11 th Floor, Gymnasium | Free Open to all Priority given to breast cancer patients & survivors Spanish & English | Moving For Life (212) 222-1351 |
| | DanceExercise for Cancer Recovery | 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 |
| | DanceExercise for Cancer Recovery | FRIDAYS 2:15 – 3:15pm 3/16 & 4/6 | Metropolitan Hospital 1901 1 st Ave, 11 th Floor, Gymnasium | Free Open to all Priority given to breast cancer patients & survivors Spanish & English | Moving For Life (212) 222-1351 |
| | DanceExercise for Cancer Recovery | 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 | DanceExercise for Health | 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 |
| | DanceExercise for Breast Cancer Recovery | 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 | DanceExercise for Breast Cancer Recovery | 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 | DanceExercise for Health | 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

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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 15 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 |



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