



FREE DANCE-EXERCISE & WELLNESS CLASSES

For Cancer Patients, Survivors & Families

(See back for other classes & lectures)

JUL-AUG 2018

	WHEN	LOCATION/CONTACT	FOCUS/LANGUAGE
BRNX	<u>MONDAYS</u> 1:00 – 2:00 pm 7/16, 7/30, 8/20, 8/27	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Breast Cancer*/ Cancer Español & English *supported by NYC Dept of Health
	<u>FRIDAYS</u> 11:00 am – 12:00 pm 7/13, 7/27, 8/10, 8/24	Jacobi Medical Center 1400 Pelham Parkway S., Building 1, 6 th Fl. Cindy Tavarez: 718-975-6558	Cancer Español & English
BKLN	<u>WEDNESDAY</u> 1:30 – 2:30 pm 7/25	Kings County Hospital 451 Clarkson Ave., 4 th Fl.	Cancer
MNHTN	<u>MONDAY</u> 2:15 am – 3:15 pm 7/16	SHARE Cancer Support 165 W. 46 th St., Suite 706	Reproductive Metastatic Cancer* *supported by Komen Greater NYC
	<u>MONDAYS</u> 3:45 – 5:00 pm (NO CLASS 7/2)	Gilda's Club 195 W. Houston St. To register, call: 212-647-9700	Cancer
	<u>TUESDAYS</u> 7:00 – 8:00 PM (7/10, 7/17, 7/24, 8/7)	Central Park Meet @ Globe at Columbus Circle 59 th St & Broadway	Young Adults with Cancer
	<u>WEDNESDAYS</u> 12:00 – 1:00 pm (NO CLASS 7/4, 8/22)	JCC Manhattan 334 Amsterdam Ave., 7 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	<u>THURSDAYS</u> 4:00 – 5:00 pm 7/12, 7/19*, 8/2, 8/9, 8/16*	Mount Sinai Chelsea 325 W. 15 th St., Main Conference Room Michelle Abraham: 212-604-6098	Cancer *Español & English
	<u>4th THURSDAYS</u> 5:00 – 6:00 pm 7/26, 8/23	Mount Sinai Chelsea 325 W. 15 th St., Main Conference Room Michelle Abraham: 212-604-6098	Cancer 中文 & English
	<u>THURSDAYS</u> 7:00 – 8:00 PM (8/16, 8/23, 8/30)	Central Park Meet @ Globe at Columbus Circle 59 th St & Broadway	Young Adults with Cancer
	<u>MONTHLY FRIDAYS</u> 2:30 – 3:30pm 7/20, 8/3	Metropolitan Hospital 1901 1 st Ave, 11 th Fl., Gym 212-222-1351	Breast Cancer*/ Cancer Español & English *supported by NYC Dept of Health
<u>SATURDAYS</u> 11:00 am – 12:00 pm	JCC Manhattan 334 Amsterdam Ave., 5 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer Español & English	
HUDSON VALLEY	<u>FRIDAYS</u> 10:00 – 11:00 am	Kingston Library 55 Franklin St., Kingston, NY	Breast Cancer*/ Cancer *supported by NYC Dept of Health

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



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FREE DANCE-EXERCISE & WELLNESS CLASSES For General Public & Other Populations JUL-AUG 2018

	WHEN	LOCATION/CONTACT	ELIGIBILITY
BKLYN	<u>THURSDAYS</u> 5:00 – 6:00 pm (NO CLASS 7/5)	Emblem Health Crown Heights 546 Eastern Parkway RSVP: 855-283-2156	General Public
MNHTN	<u>MONDAYS</u> 11:00 am – 12:00 pm 7/9 – 8/13	Initiative for Women with Disabilities @ NYU Langone 359 2 nd Ave., 1 st Floor Register with IWD: 212-598-6429	Women with Disabilities 4-Class Session: \$40
	<u>MONDAYS</u> 6:00 – 7:00 pm	Moving For Life / Studio 55C 55 Avenue C, South Storefront	General Public Español & English
	<u>TUESDAYS</u> 5:00 – 6:00 pm	Emblem Health Harlem 215 W. 125 th St. RSVP: 866-469-0999	General Public
	<u>WEDNESDAYS</u> 5:00 – 6:00 pm (NO CLASS 7/4, 8/22, 8/29)	Moving For Life / Studio 55C 55 Avenue C, South Storefront	General Public
QUEENS	<u>MONDAYS</u> 6:00 – 7:00pm	Forest Hills Public Library 108-19 71st Ave, Meeting Room Tamara Michel: 917-702-4295	General Public
	<u>WEDNESDAYS</u> 2:00 – 3:00 pm (NO CLASS 7/4)	Woodside Public Library 54-22 Skillman Ave	General Public
	<u>THURSDAYS</u> 6:00 – 7:00 pm	Glen Oaks Public Library 256-04 Union Turnpike Upper Level Meeting Room, 2 nd Fl Tamara Michel: 917-702-4295	General Public

FREE LECTURES For Cancer Patients, Survivors & Families JUL-AUG 2018

	WHEN	LOCATION/CONTACT	TOPIC
MNHTN	<u>WED, JUL 18th</u> 1:30 – 2:30 pm	JCC Manhattan 334 Amsterdam Ave., 7 th Fl. To register, call: 646-505-5734	Preventing Joint Pain
	<u>WED, JUL 18th</u> 5:00 – 6:30 pm	SHARE Cancer Support 165 W. 46 th St., Suite 706	Stress Reduction & Meditation During Recovery
	<u>THURS, JUL 26th</u> 11:30 – 1:00 pm	Mount Sinai Rutenberg Treatment Center 1470 Madison Ave, 3 rd Fl, Conference Room 105 Jamie Shapiro: 212-647-9700 x245	Lecture: Body Image: Feeling Whole Again After Surgery, Chemo or Radiation
	<u>THURS, AUG 2nd</u> 5:30 – 6:30 pm	JCC Manhattan 334 Amsterdam Ave., 7 th Fl. To register, call: 646-505-5734	Reducing Whole Body Inflammation
	<u>THURS, AUG 9th</u> 5:00 – 6:00 pm	Mt. Sinai Chelsea 325 W. 15 th St., Main Conference Room Michelle Abraham: 212-694-6098	Managing Neuropathy & Joint Pain
	<u>MON, AUG 20th</u> 2:00 – 3:30 pm	Gilda's Club 195 W. Houston St. To register, call: 212-647-9700	Overcoming Fatigue with Exercise Spanish/Español

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