



## FREE DANCE-EXERCISE & WELLNESS CLASSES

For Cancer Patients, Survivors & Families

(See back for other classes & lectures)

**MARCH & APRIL 2018**

	<b>WHEN</b>	<b>LOCATION/CONTACT</b>	<b>FOCUS/LANGUAGE</b>
<b>BRNX</b>	<u>MONDAYS</u> 1:00 – 2:00 pm	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Breast Cancer Spanish & English
	<u>MONTHLY FRIDAYS</u> 11:00 am – 12:00 pm 3/23, 4/27	Jacobi Medical Center 1400 Pelham Parkway S., Building 1, 6 <sup>th</sup> Fl. Cindy Tavarez: 718-975-6558	Cancer Spanish & English
<b>BKLYN</b>	<u>MONDAYS</u> 10:00 – 11:00 am 3/19, 3/26, 4/9, 4/16	Golden Fleece Adult Daycare 1519 Mermaid Ave.	Breast Cancer Russian & English
	<u>WEDNESDAYS</u> 1:30 – 2:30 pm 3/21, 4/11	Kings County Hospital 451 Clarkson Ave., 4 <sup>th</sup> Fl.	Cancer
<b>MAN</b>	<u>MONDAYS</u> 11:00 am – 12:00 pm 3/26, 4/23	SHARE Cancer Support 165 W. 46 <sup>th</sup> St., Suite 706	Reproductive Metastatic Cancer
	<u>MONDAYS</u> 3:45 – 5:00 pm	Gilda's Club 195 W. Houston St.	Cancer
	<u>TUESDAYS</u> 7:00 – 8:00 PM (NO CLASS 3/20, 3/27, 4/3)	Pono 2002 5 <sup>th</sup> Avenue	Young Adults with Cancer
	<u>WEDNESDAYS</u> 12:00 – 1:00 pm	JCC Manhattan 334 Amsterdam Ave., 7 <sup>th</sup> Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	<u>WEDNESDAYS</u> 4:30 – 5:30pm 3/21, 4/18	Metropolitan Hospital 1901 1 <sup>st</sup> Ave., 11 <sup>th</sup> Fl., Gym	Breast Cancer Spanish & English
	<u>THURSDAYS</u> 4:00 – 5:00 pm	Mount Sinai Beth Israel Comprehensive Cancer Center 325 W. 15 <sup>th</sup> St., Main Conference Room Michelle Abraham: 212-694-6098	Cancer
	<u>FRIDAYS</u> 2:15 – 3:15pm 3/16 & 4/6	Metropolitan Hospital 1901 1 <sup>st</sup> Ave, 11 <sup>th</sup> Fl., Gym	Breast Cancer Spanish & English
	<u>SATURDAYS</u> 11:00 am – 12:00 pm	JCC Manhattan 334 Amsterdam Ave., 5 <sup>th</sup> Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer Spanish & English
<b>QNS</b>	<u>WEDNESDAY</u> 2:00 – 3:00 pm 4/11 (Introduction Class)	Queens Cancer Center 82-68 164 <sup>th</sup> St., Main Bldg 5 <sup>th</sup> Fl., Room A540	Breast Cancer
<b>HUDSON VALLEY</b>	<u>FRIDAYS</u> 10:00 – 11:00 am	Kingston Library 55 Franklin St., Kingston, NY	Breast Cancer

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)



## FREE DANCE-EXERCISE & WELLNESS CLASSES For General Public & Other Populations MARCH & APRIL 2018

	WHEN	LOCATION/CONTACT	ELIGIBILITY
<b>BKLYN</b>	THURSDAYS 5:00 – 6:00 pm	Emblem Health Crown Heights 546 Eastern Parkway RSVP: 855-283-2156	General Public
<b>MAN</b>	MONDAYS & WEDNESDAYS 10:00 – 11:00 am 4/16, 4/18, 4/23, 4/25, 4/30	John Jay Park E. 78th St. & Cherokee Pl.	Older Adults
	MONDAYS 11:00 am – 12:00 pm <b>(NO CLASS 3/26)</b>	Initiative for Women with Disabilities @ NYU Langone 359 2 <sup>nd</sup> Ave., 1 <sup>st</sup> Floor Register with IWD: 212-598-6429	Women with Disabilities 5-Class Session: \$50
	MONDAYS 2:00 – 3:00 pm	92nd Street Y 1395 Lexington Ave Register with 92Y: 212-415-5500	General Public
	MONDAYS 5:30 – 6:30pm (3/19 & 3/26) 6:00 – 7:00pm (April)	Moving For Life / Studio 55C 55 Avenue C, South Storefront	General Public
	TUESDAYS 5:00 – 6:00 PM	Emblem Health Harlem 215 W. 125 <sup>th</sup> St. RSVP: 866-469-0999	General Public
	WEDNESDAYS 5:00 – 6:00pm (Starts 3/21)	Moving For Life / Studio 55C 55 Avenue C, South Storefront	General Public
<b>QNS</b>	TUESDAYS 2:00 – 3:00 PM 4/3, 4/10, 4/17, 4/24	Flushing Public Library 41-17 Main St Tamara Michel: 917-702-4295	General Public
	THURSDAYS 6:00 – 7:00 pm <b>(NO CLASS 3/1)</b>	Glen Oaks Public Library 256-04 Union Turnpike Tamara Michel: 917-702-4295	General Public

## FREE LECTURES For Cancer Patients, Survivors & Families MARCH & APRIL 2018

	WHEN	LOCATION/CONTACT	TOPIC
<b>BRNX</b>	FRIDAY, APR 27 <sup>th</sup> 12:00 – 1:00 pm	Jacobi Medical Center 1400 Pelham Parkway S., Building 1, 6 <sup>th</sup> Fl. Cindy Tavares: 718-975-6558	Stress Reduction & Meditation During Recovery
<b>BKLN</b>	TUES, MAR 13 <sup>th</sup> 3:30 – 4:30 pm	Restoration Plaza 1368 Fulton St.	Managing Neuropathy & Joint Pain
<b>MAN</b>	THURS, MAR 15 <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 Michelle Abraham: 212-694-6098	Lymphedema
	MON, APR 16 <sup>th</sup> 2:00 – 3:30 pm	Gilda's Club 195 W. Houston St.	Holistic Approaches to Dealing with Neuropathy
	THURS, APR 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 Michelle Abraham: 212-694-6098	Managing Neuropathy

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