



**FREE DANCE-EXERCISE & WELLNESS CLASSES**  
**For Cancer Patients, Survivors & Families**  
 (See back for other classes & lectures)  
**MAY & JUNE 2018**

	<b>WHEN</b>	<b>LOCATION/CONTACT</b>	<b>FOCUS/LANGUAGE</b>
<b>BRNX</b>	<u>MONDAYS</u> 1:00 – 2:00 pm <b>(NO CLASS 5/28)</b>	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Breast Cancer Spanish & English
	<u>FRIDAYS</u> 11:00 am – 12:00 pm 5/18, 6/1, 6/15, 6/29	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>WEDNESDAY</u> 1:30 – 2:30 pm 5/16	Kings County Hospital 451 Clarkson Ave., 4 <sup>th</sup> Fl.	Cancer
<b>MNHTN</b>	<u>MONDAY</u> 2:15 am – 3:15 pm 6/18	SHARE Cancer Support 165 W. 46 <sup>th</sup> St., Suite 706	Reproductive Metastatic Cancer
	<u>MONDAYS</u> 3:45 – 5:00 pm <b>(NO CLASS 5/28)</b>	Gilda’s Club 195 W. Houston St.	Cancer
	<u>TUESDAYS</u> 7:00 – 8:00 PM <b>(NO CLASS 5/1, 6/19, 6/26)</b>	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>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>MONTHLY FRIDAYS</u> 2:15 – 3:15pm 5/18, 6/15	Metropolitan Hospital 1901 1 <sup>st</sup> Ave, 11 <sup>th</sup> Fl., Gym 212-222-1351	Breast Cancer Spanish & English
<b>QNS</b>	<u>SATURDAYS</u> 11:00 am – 12:00 pm <b>(NO CLASS 5/19, 5/26)</b>	JCC Manhattan 334 Amsterdam Ave., 5 <sup>th</sup> Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer Spanish & English
<b>QNS</b>	<u>FRIDAYS</u> 2:30 – 3:30 pm 5/4 – 6/8	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 MAY-JUNE 2018

	WHEN	LOCATION/CONTACT	ELIGIBILITY
<b>BKLYN</b>	<u>THURSDAYS</u> 5:00 – 6:00 pm	Emblem Health Crown Heights 546 Eastern Parkway RSVP: 855-283-2156	General Public
<b>MNHTN</b>	<u>MONDAYS &amp; WEDNESDAYS</u> 10:00 – 11:00 am <b>(NO CLASS 5/28)</b>	John Jay Park E. 78th St. & Cherokee Pl.	Older Adults
	<u>MONDAYS</u> 11:00 am – 12:00 pm 5/14, 5/21, 6/4, 6/11	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 4-Class Session: \$40
	<u>MONDAYS</u> 2:00 – 3:00 pm 5/7 – 6/4 <b>(NO CLASS 5/28)</b>	92nd Street Y 1395 Lexington Ave Register with 92Y: 212-415-5500	General Public
	<u>MONDAYS</u> 6:00 – 7:00pm <b>(NO CLASS 5/28)</b>	Moving For Life / Studio 55C 55 Avenue C, South Storefront RSVP: classes@movingforlife.org	General Public
	<u>TUESDAYS</u> 5:00 – 6:00 PM	Emblem Health Harlem 215 W. 125 <sup>th</sup> St. RSVP: 866-469-0999	General Public
	<u>WEDNESDAYS</u> 5:00 – 6:00pm 5/2 – 5/30	Moving For Life / Studio 55C 55 Avenue C, South Storefront RSVP: classes@movingforlife.org	General Public
<b>QNS</b>	<u>THURSDAYS</u> 6:00 – 7:00 pm	Glen Oaks Public Library 256-04 Union Turnpike Upper Level Meeting Room, 2 <sup>nd</sup> Fl Tamara Michel: 917-702-4295	General Public

## FREE LECTURES For Cancer Patients, Survivors & Families MAY-JUNE 2018

	WHEN	LOCATION/CONTACT	TOPIC
<b>BRNX</b>	<u>SUN, JUN 3<sup>rd</sup></u> 5:00 – 6:30 pm	Riverdale Y 5625 Arlington Ave.	Managing Neuropathy & Joint Pain
<b>MAN</b>	<u>THURS, MAY 10<sup>th</sup></u> 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	Reducing Mental Confusion: Stress Reduction & Meditation
	<u>THURS, JUN 21<sup>st</sup></u> 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	Dealing with Fatigue
	<u>THURS, JUN 28<sup>th</sup></u> 11:30 am – 1:00 pm	Mount Sinai Rutenberg Treatment Center 1470 Madison Ave, 3 <sup>rd</sup> Fl, Conference Room 105 Jamie Shapiro: 212-647-9700 x245 jshapiro@gildasclubnyc.org	Improving Mental Clarity through Movement

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