



NOV-DEC 2018
FREE DANCE-EXERCISE CLASSES
For Cancer Patients, Survivors & Families ONLY
 (See back for additional classes open to all)

BORO	WHEN	LOCATION/CONTACT	FOCUS/LANGUAGE
BRNX	MONDAYS 1:00 – 2:00 pm 11/19, 11/26, 12/3, 12/17	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Breast Cancer*/ Cancer Español & English *Supported by NYC Dept of Health
	WEDNESDAYS 11:00 am – 12:00 pm 11/28, 12/19	Jacobi Medical Center 1400 Pelham Parkway S., Building 1, Rm 904 Cindy Tavarez: 718-975-6558	Cancer Español & English
BKLN	TUESDAY, 11/27 3:30 – 4:30 pm	Restoration Plaza 1368 Fulton St., Fl 1, Multipurpose Rm.	Breast Cancer* / Cancer *Supported by NYC Dept of Health
	WEDNESDAY, 11/21 12:00 – 1:00 pm	Kings County Hospital 451 Clarkson Ave., 4 th Fl.	Cancer
MNHTN	MONDAYS 2:15 – 3:15 pm 11/19, 12/17	SHARE Cancer Support 165 W. 46 th St., Suite 706	Reproductive Metastatic Cancer Supported by Komen Greater NYC
	MONDAYS 3:45 – 5:00 pm (NO CLASS 12/10, 12/24 & 12/31)	Gilda's Club 195 W. Houston St. To register, call: 212-647-9700	Cancer
	WEDNESDAYS 12:00 – 1:00 pm (NO CLASS 12/26)	JCC Manhattan 334 Amsterdam Ave., 7 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	THURSDAYS 4:00 – 5:00 pm 11/1, 11/8, 11/15*, 11/29** 12/6, 12/13*, 12/27**	Mount Sinai Chelsea 325 W. 15 th St., Main Conference Room Michelle Abraham: 212-604-6098	Cancer *Español & English ** 中文 & English
	MONTHLY FRIDAYS 2:30 – 3:30 pm 11/16, 12/7	Metropolitan Hospital 1901 1 st Ave, 11 th Fl., Gym 212-222-1351	Breast Cancer*/ Cancer Español & English *Supported by NYC Dept of Health
	SATURDAYS 11:00 am – 12:00 pm (NO CLASS 11/24, 12/22, 12/29)	JCC Manhattan 334 Amsterdam Ave., 5 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer Español & English
HUDSON VALLEY	FRIDAYS 10:00 – 11:00 am 11/2, 11/16, 11/30, 12/14	Kingston Library 55 Franklin St., Kingston, NY	Breast Cancer*/ Cancer *Supported by NYC Dept of Health

FREE LECTURES For Cancer Patients, Survivors & Families ONLY

BORO	WHEN	LOCATION/CONTACT	TOPIC
MNHTN	WED, NOV 7 th 6:00 – 7:00 pm	SHARE Cancer Support 165 W. 46 th St., Suite 706	Therapeutic Dance for Immune Support Supported by Komen Greater NYC
	THURS, NOV 29 th 5:00 – 6:00 pm	Mount Sinai Chelsea 325 W. 15 th St., Main Conference Room RSVP: Michelle Abraham, 212-604-6098	Dealing with Neuropathy & Joint Pain
	TUES, DEC 4 th 6:30 – 7:30 pm	Countee Cullen Library 104 W. 136 th St., Auditorium	Therapeutic Dance for Neuropathy Supported by Komen Greater NYC
BRONX	SUN, NOV 18 th 5:00 – 6:00 pm	Riverdale Y 5625 Arlington Ave.	Therapeutic Dance for Bone Strength Supported by Komen Greater NYC
	WED, NOV 28 th 11:00 am – 12:00 pm	Jacobi Medical Center 1400 Pelham Parkway S.	Therapeutic Dance for Bone Strength Supported by Komen Greater NYC
	WED, DEC 19 th 11:00 am – 12:00 pm	Jacobi Medical Center 1400 Pelham Parkway S.	Therapeutic Dance for Immune Support Supported by Komen Greater NYC
HUDSON VALLEY	FRI, NOV 16 th 10:00 – 11:00 am	Kingston Library 55 Franklin St., Kingston, NY	Dealing with Neuropathy

Times subject to change. Updates available at: www.movingforlife.org/class-calendars | Call: 212.222.1351 | Email: info@movingforlife.org



NOV–DEC 2018
FREE & LOW-COST DANCE-EXERCISE CLASSES
For Cancer Patients/Survivors & Other Populations

	WHEN	LOCATION/CONTACT	OPEN TO
BKLYN	THURSDAYS 5:00 – 6:00 pm (NO CLASS 11/22)	Emblem Health Crown Heights 546 Eastern Parkway RSVP: 855-283-2156	All
MNHTN	MONDAYS & WEDNESDAYS 10:00 am – 11:00 am 11/5 – 12/12	John Jay Park E. 76th St. (Cherokee Pl. & FDR)	Older Adults
	MONDAYS 11:00 am – 12:00 pm 10/29 – 12/3	Initiative for Women with Disabilities @ NYU Langone 359 2 nd Ave., 1 st Floor Register with IWD: 212-598-6429	Women with Disabilities 6-Class Session: \$60
	MONDAYS 12:00 – 1:00 pm 11/5 – 12/10 (NO CLASS 11/12)	George Bruce Library 518 West 125th St. Junelle Carter-Bowman: 212-662-9727	All
	MONDAYS 2:00 – 3:00 pm 11/5 – 12/17	92nd Street Y 1395 Lexington Ave Register with 92Y: 212-415-5500	All
	MONDAYS 6:00 – 7:00 pm 11/5 – 12/17	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 th & 5 th St.)	All Español & English
	TUESDAYS 5:00 – 6:00 pm (NO CLASS 12/25)	Emblem Health Harlem 215 W. 125 th St. RSVP: 866-469-0999	All
	WEDNESDAYS 5:00 – 6:00 pm (NO CLASS 11/21, 12/26)	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 th & 5 th St.)	All
QNS	MONDAYS 6:00 – 7:00 pm 11/5 – 12/17 (NO CLASS 11/12)	Forest Hills Public Library 108-19 71st Ave, Meeting Room Tamara Michel: 917-702-4295	All
	WEDNESDAYS 12:30 – 1:30 pm 11/21, 12/19	Glen Oaks Public Library 256-04 Union Turnpike Upper Level Meeting Room, 2 nd Fl Tamara Michel: 917-702-4295	Individuals with Disabilities
	WEDNESDAYS 2:00 – 3:00 pm 11/7, 11/14, 11/28	Woodside Public Library 54-22 Skillman Ave Tamara Michel: 917-702-4295	All
	THURSDAYS 6:00 – 7:00 pm (NO CLASS 11/22)	Glen Oaks Public Library 256-04 Union Turnpike Upper Level Meeting Room, 2 nd Fl Tamara Michel: 917-702-4295	All

SPECIAL EVENTS Open to All

Moving For Life’s 2018 Dessert & Dancing Benefit Party | Wed, Nov 7th, 8:30 – 10:00 pm
Fifty Restaurant, 50 Commerce St, West Village, NYC
 \$75/ticket. Available at: www.movingforlife.org

FUN(d)raiser for Moving For Life’s FREE Kingston Library Classes | Wed, Nov 28th, 6:00–9:00 pm
The Beverly Lounge, 224 Foxhall Ave., Kingston, NY 12401
 Keep our Kingston Library classes FREE! Dancing, Raffle & Auction featuring Deep Tanks Pop-up Photo Booth.
 \$20 suggested tax-deductible donation. Contact: Florence Poulain, Florence@movingforlife.org

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