



# SEPT-OCT 2018 FREE DANCE-EXERCISE CLASSES

**For Cancer Patients, Survivors & Families Only**  
(See back for additional classes open to all)

	WHEN	LOCATION/CONTACT	FOCUS/LANGUAGE
<b>BRNX</b>	<b>MONDAYS</b> 1:00 – 2:00 pm 9/17, 9/24, 10/15, 10/22, 10/29	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	Breast Cancer*/ Cancer <b>Español &amp; English</b> *supported by NYC Dept of Health
	<b>WEDNESDAYS</b> 11:00 am – 12:00 pm 9/26 & 10/24	Jacobi Medical Center 1400 Pelham Parkway S., Building 1, Rm 904 Cindy Tavarez: 718-975-6558	Cancer <b>Español &amp; English</b>
<b>BKLN</b>	<b>TUESDAYS</b> 3:30 – 4:00 pm 9/25 & 10/23	Restoration Plaza 1368 Fulton St. Fl 1, Multipurpose Rm.	Breast Cancer* / Cancer  *supported by NYC Dept of Health
<b>MNHTN</b>	<b>MONDAYS</b> 2:00 – 3:00 pm 9/24 & 10/22	SHARE Cancer Support 165 W. 46 <sup>th</sup> St., Suite 706	Reproductive Metastatic Cancer (supported by Komen Greater NYC)
	<b>MONDAYS</b> 3:45 – 5:00 pm <b>(NO CLASS 9/3 &amp; 10/8)</b>	Gilda's Club 195 W. Houston St. To register, call: 212-647-9700	Cancer
	<b>THURSDAYS</b> 6:30 – 7:30 PM <b>(NO CLASS 9/13)</b>	Central Park Meet @ Globe at Columbus Circle 59 <sup>th</sup> St & Broadway	Young Adults with Cancer
	<b>WEDNESDAYS</b> 12:00 – 1:00 pm <b>(NO CLASS 9/19)</b>	JCC Manhattan 334 Amsterdam Ave., 7 <sup>th</sup> Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	<b>THURSDAYS</b> 4:00 – 5:00 pm 9/6, 9/13, 9/20*, 9/27** 10/4, 10/11, 10/18*, 10/25**	Mount Sinai Chelsea 325 W. 15 <sup>th</sup> St., Main Conference Room Michelle Abraham: 212-604-6098	Cancer *Español & English **中文 & English
	<b>MONTHLY FRIDAYS</b> 2:30 – 3:30 pm 9/21 & 10/5	Metropolitan Hospital 1901 1 <sup>st</sup> Ave, 11 <sup>th</sup> Fl., Gym 212-222-1351	Breast Cancer*/ Cancer <b>Español &amp; English</b> *supported by NYC Dept of Health
	<b>SATURDAYS</b> 11:00 am – 12:00 pm <b>(NO CLASS 9/1 &amp; 10/6)</b>	JCC Manhattan 334 Amsterdam Ave., 5 <sup>th</sup> Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer <b>Español &amp; English</b>
<b>HUDSON VALLEY</b>	<b>FRIDAYS</b> 10:00 – 11:00 am	Kingston Library 55 Franklin St., Kingston, NY	Breast Cancer*/ Cancer  *supported by NYC Dept of Health

## FREE LECTURES For Cancer Patients, Survivors & Families Only

	WHEN	LOCATION/CONTACT	TOPIC
<b>MNHTN</b>	<b>THURS, SEPT 20<sup>th</sup></b> 5:00 – 6:00 pm	Mt. Sinai Chelsea 325 W. 15 <sup>th</sup> St., Main Conference Room Michelle Abraham: 212-694-6098	Control de Peso / Weight Management <b>Español &amp; English</b>
	<b>WED, OCT 3<sup>rd</sup></b> 6:00 – 7:00 pm	SHARE Cancer Support 165 W. 46 <sup>th</sup> St., Suite 706	Immune Support for Ovarian Cancer Survivors
<b>BRNX</b>	<b>SUN, OCT 14<sup>th</sup></b> 5:00 – 6:00 pm	Riverdale Y 5625 Arlington Ave.	Therapeutic Dance for Bone Strength (supported by Komen Greater NYC)
	<b>WED, OCT 24<sup>th</sup></b> 12:00 – 1:00 pm	Jacobi Medical Center 1400 Pelham Parkway S.	Therapeutic Dance for Bone Strength (supported by Komen Greater NYC)

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)



**SEPT-OCT 2018**

**FREE & LOW-COST DANCE-EXERCISE CLASSES**

**Open to All (Including Older Adults & Cancer Patients/Survivors)**

	<b>WHEN</b>	<b>LOCATION/CONTACT</b>	<b>OPEN TO</b>
<b>BKLYN</b>	<u>THURSDAYS</u> 5:00 – 6:00 pm	Emblem Health Crown Heights 546 Eastern Parkway RSVP: 855-283-2156	All
<b>MNHTN</b>	<u>MONDAYS &amp; WEDNESDAYS</u> 10:00 am – 11:00 am	John Jay Park E. 76th St. (Cherokee Pl. & FDR)	Older Adults
	<u>MONDAYS</u> 11:00 am – 12:00 pm 9/10 – 10/8	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
	<u>MONDAYS</u> 12:00 – 1:00 pm <b>(NO CLASS 9/3, 9/10 &amp; 10/8)</b>	George Bruce Library 518 West 125th St. Junelle Carter-Bowman: 212-662-9727	All
	<u>MONDAYS</u> 2:00 – 3:00 pm Starts 9/17	92nd Street Y 1395 Lexington Ave Register with 92Y: 212-415-5500	All
	<u>MONDAYS</u> 6:00 – 7:00 pm <b>(NO CLASS 9/3 &amp; 10/8)</b>	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 <sup>th</sup> & 5 <sup>th</sup> St.)	All Español & English
	<u>TUESDAYS</u> 5:00 – 6:00 pm	Emblem Health Harlem 215 W. 125 <sup>th</sup> St. RSVP: 866-469-0999	All
	<u>WEDNESDAYS</u> 5:00 – 6:00 pm	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 <sup>th</sup> & 5 <sup>th</sup> St.)	All
<b>QNS</b>	<u>MONDAYS</u> 6:00 – 7:00 pm <b>(NO CLASS 9/3 &amp; 10/8)</b>	Forest Hills Public Library 108-19 71st Ave, Meeting Room Tamara Michel: 917-702-4295	All
	<u>THURSDAYS</u> 2:00 – 3:00 pm 9/6, 9/13, 9/20	Flushing Public Library 41-17 Main Street, C-Level, Rm AB Tamara Michel: 917-702-4295	All
	<u>TUESDAYS</u> 6:30 – 7:30 pm 9/18 – 10/30	Kissena Park in Flushing Meet @ Queens Botanical Gardens Entrance 43-50 Main St.   RSVP: info@movingforlife.org	All (Supported by the Partnership for Parks)
	<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	All

**SPECIAL EVENTS Open to All**

**Open House & Art Opening of “We the People” | Friday, Sept 7<sup>th</sup>, 6:00 – 9:00 pm | Studio 55C, 55 Ave C (Btwn 4<sup>th</sup> & 5<sup>th</sup> St.)**  
*“Painting from vintage photographs of immigrants, Native Americans and slaves, I want to show the beauty and history of the diversity of the people of the United States of America.” ~Tine Kinderman*

**4<sup>th</sup> Annual Moving For Life 2018 Hike-A-Thon | Saturday, Sept 15<sup>th</sup>, 9:30 am – 1:00 pm | Northern Manhattan Parks**  
 Join us on a delightful journey starting at the Sugar Hill Children’s Museum through Highbridge Park & Forest, Swindler Cove and concluding at Fort Tryon Park. Your steps help us raise \$15K to support three new programs in underserved NYC communities. \$15 Registration Fee. Learn more at: <http://movingforlife.org/2018-hike-a-thon.htm>

**Salsa Party & Lesson | Friday, Sept 21<sup>st</sup>, 6:00 – 9:00 pm | Studio 55C, 55 Ave C (Btwn 4<sup>th</sup> & 5<sup>th</sup> St.)**  
 Get your Latin grooves on and learn the basic salsa steps. No experience necessary. Salsa smiles encouraged. Refreshments served. \$15/ticket or \$20/2 tickets.

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