



SEPT - OCT 2019
FREE DANCE-EXERCISE CLASSES

For Cancer Patients, Survivors & Families

*Supported by Funds from the NYC Dept of Health / ** Supported by Komen Greater NYC

BORO	WHEN	WHERE	FOCUS/LANGUAGE
BRNX	MONDAYS: 9/16, 9/30, 10/21, 10/28 1:00-2:00pm	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	*Breast Cancer Español & English
	WEDNESDAYS: 9/25 & 10/23 11:00am-12:00pm	Jacobi Medical Center 1400 Pelham Parkway S., Building 1, Rm 904 Sharon Chatham: 718-975-6553	*Breast Cancer Español & English
BKLN	TUESDAYS: 9/10, 9/24, 10/22 3:30-4:30pm	Restoration Plaza 1368 Fulton St., Fl 1, Multipurpose Rm.	*Breast Cancer
	WEDNESDAY: 10/23 1:30-2:30pm	Kings County Hospital 451 Clarkson Ave.	Cancer (Gilda's Club Membership Required)
MHTN	MONDAYS (NO CLASS: 9/2, 9/30, 10/14) 2:15-3:15pm	SHARE Cancer Support 165 W. 46 th St., Suite 706 Please register: 212-937-5580	**Reproductive Metastatic Cancer
	MONDAYS (NO CLASS: 9/2 & 10/14) Sept: 3:45-5pm Oct: 4-5pm	Gilda's Club 195 W. Houston St. Please register: 212-647-9700	Cancer (Free for Gilda's Club Members)
	WEDNESDAYS (NO CLASS: 10/9) 12:00-1:00pm	JCC Manhattan 334 Amsterdam Ave., 7 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	WEDNESDAYS: 9/11 & 10/9 1:30-2:30pm	Mount Sinai St. Luke's 1111 Amsterdam Ave (Room TBA)	*Breast Cancer Español & English
	FRIDAYS: 9/20, 10/18 2:30-3:30pm	Metropolitan Hospital 1901 First Ave, 11 th Fl., Gym 212-222-1351	*Breast Cancer / Cancer Español & English
	SATURDAYS 11:00am-12:00pm	JCC Manhattan 334 Amsterdam Ave., 5 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer Español & English
QNS	FRIDAY: 9/27 1:30-2:30pm	Centerlight TeamCare 136-65 -37th, Flushing	*Breast Cancer English & Chinese (中文)
	FRIDAY: 9/27 4:30-5:30pm	Make the Road NY - Queens 92-10 Roosevelt Ave., Jackson Heights	**Breast Cancer / Cancer Español & English
HUDSON VALLEY	FRIDAYS 10:00-11:00am	Kingston Library 55 Franklin St., Kingston, NY	*Breast Cancer/ Cancer
	SATURDAYS: 9/7, 9/21, 10/5, 10/19 10:00-11:00am	HealthAlliance Hospital 75 Mary's Ave., Kingston, NY To register: call 845-339-2071	*Breast Cancer
LONG ISLAND	SATURDAYS (NO CLASS 9/1) 12:30-1:30pm	NYU Winthrop Hospital 173 Mineola Blvd, Conference Rm., Mineola, NY RSVP: caryn.cooper@ymail.com	Breast Cancer

FREE WORKSHOPS/LECTURES For Cancer Patients, Survivors & Families

QNS	THURSDAY, OCT 10th 7:00-8:30pm	Samuel Field Y (w/SHARE Cancer Support) 58-20 Little Neck Pkwy.	**Exercise to Strengthen and Improve Bone Health
	THURSDAY, OCT 24th 5:00-5:30pm	NYU Winthrop Hospital 173 Mineola Blvd, Conference Rm., Mineola, NY	Benefits of Exercise in Breast Cancer Recovery & Prevention
BRNX	SUNDAY, OCT 27th 5:00-6:30pm	Riverdale Y (w/SHARE Cancer Support) 5625 Arlington Ave., Bronx, NY 10471	**Exercise to Strengthen and Improve Bone Health

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



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SEPT - OCT 2019
FREE & LOW-COST DANCE-EXERCISE CLASSES
OPEN TO ALL

Supported by Council Person Ben Kallos / *With support from the Parks Build Healthy Communities Grant

BORO	WHEN	WHERE	WHO
BKLYN	THURSDAYS 5:00-6:00pm	Emblem Health Crown Heights 546 Eastern Parkway RSVP: 855-283-2156	Open to All
	THURSDAYS: 9/5 & 9/19 10/3, 10/17, 10/31 5:30-6:30pm	Zwanger Pesiri Radiology 205 Smith St (Btwn Baltic & Warren St.) Call for more information: 718-732-0222	Open to All
MHTN	MONDAYS & WEDNESDAYS Starting 9/9 10:00-11:00am	John Jay Park E. 76th St to E. 78th St. between Cherokee Place and FDR Drive	***Older Adults
	MONDAYS: 9/16-10/21 11:00am-12:00pm	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 in September (NO CLASS 9/2) 12:30-1:30pm	George Bruce Library 518 W 125th. Junelle Carter-Bowman: 212-662-9727	Open to All
	MONDAYS (NO CLASS 9/2 & 9/30) 2:00-3:00pm	92Y 1395 Lexington Ave, Health & Fitness Room (Basement) Register with 92Y: 212-415-5500	Open to All
	TUESDAYS 5:00-6:00pm	Emblem Health Harlem 215 W. 125 th St. RSVP: 866-469-0999	Open to All
	TUESDAYS 6:00-7:00pm	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 th & 5 th St)	Open to All
	TUESDAYS in September 6:30-7:30pm	Summer on the Hudson/Riverside Park Pier 1 in Riverside Park South, West 70th St	Open to All
	THURSDAYS 12:00-1:00pm	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 th & 5 th St)	Open to All
QNS	THURSDAYS, Starting 9/12 6:00-7:00pm	Glen Oaks Public Library 256-04 Union Turnpike, Upper Level Meeting Room, 2 nd Fl Tamara Michel: 917-702-4295	Open to All
	FRIDAY, OCT 4 10:00-11:00am	East Flushing Library 196-36 Northern Blvd, Flushing, NY Tamara Michel: 917-702-4295	Open to All
	SATURDAYS 11:00am-12:00pm	Kissena Corridor Park Main street entrance across from Botanical Garden	****Open to All
LONG ISLAND	WEDNESDAYS: 9/25-10/30 (NO CLASS 10/9) 6:30-7:30pm	East Meadow High School Continuing Education 101 Carman Ave, East Meadow, NY 11554, Cafe 1 In-person Registration: EMHS, Room H1	Open to All 8-Class Session: \$65

SPECIAL EVENTS OPEN TO ALL

Moving For Life Warm-up @ Komen Greater New York City Race for the Cure in Central Park: Sunday, Sept 8th, 7:30am

To volunteer at our table, contact: info@movingforlife.org. Race Details at: <https://race.komennyc.org/>

Closing Art Party @ Studio 55C: Thursday, September 19th, 5-7pm

RSVP: 212.222.1351

Somatic Movement Workshops @ Studio 55C (Open to all/part MFL Certified Instructor Training): Sept 28 & Oct 12

For more information, visit: www.movingforlife.org/workshop-registration.htm

Salsa Lesson and Party @ Studio 55C: Friday, October 4th, 6-8:30pm

RSVP: 212.222.1351

New York Metastatic Breast Cancer Conference @ 117 West 46th Street, NY, NY: Saturday-Sunday, October 5-6th

Free! Advance registration required: <http://www.komennyc.org/site/PageServer?pagename=nymbcc>

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