



**JAN-FEB 2019**  
**FREE DANCE-EXERCISE CLASSES**  
**For Cancer Patients, Survivors & Families**

| <b>BORO</b>          | <b>WHEN</b>  | <b>WHERE</b>  | <b>FOCUS/LANGUAGE</b>   |
|----------------------|--|---|---|
| <b>BRNX</b>          | MONDAYS: 1/28 & 2/25<br>1:00 – 2:00pm  | <b>Lincoln Hospital</b><br>234 E. 149th St. (Btwn. Park & Morris Ave.)  | Breast Cancer* / Cancer<br><b>Español &amp; English</b><br>*Supported by NYC Dept of Health |
|                      | WEDNESDAYS: 1/30 & 2/27<br>11:00am – 12:00pm   | <b>Jacobi Medical Center</b><br>1400 Pelham Parkway S., Building 1, Rm 904<br>Cindy Tavarez: 718-975-6558         | Cancer<br><b>Español &amp; English</b>  |
| <b>BKLN</b>          | TUESDAYS: 1/22, 2/26<br>3:30 – 4:30pm  | <b>Restoration Plaza</b><br>1368 Fulton St., Fl 1, Multipurpose Rm.   | Breast Cancer* / Cancer<br>*Supported by NYC Dept of Health                                 |
|                      | WEDNESDAYS: 1/9 & 2/6<br>12:00 – 1:00pm  | <b>Kings County Hospital</b><br>451 Clarkson Ave., 4 <sup>th</sup> Fl.  | Cancer  |
| <b>MHTN</b>          | MONDAYS: 1/7, 1/28, 2/4, 2/25<br>2:15 – 3:15pm   | <b>SHARE Cancer Support</b><br>165 W. 46 <sup>th</sup> St., Suite 706<br>Please register: 212-937-5580            | Reproductive Metastatic<br>Cancer<br>Supported by Komen Greater NYC                         |
|                      | MONDAYS: (NO CLASS 1/21 & 2/18)<br>3:45 – 5:00pm   | <b>Gilda's Club</b><br>195 W. Houston St.<br>Please register: 212-647-9700  | Cancer  |
|                      | WEDNESDAYS: (NO CLASS 1/2)<br>12:00 – 1:00pm   | <b>JCC Manhattan</b><br>334 Amsterdam Ave., 7 <sup>th</sup> Fl.<br>JoAnn Fox Weingarten: 646-717-9383             | Reproductive Cancer   |
|                      | WEDNESDAYS: 1/23 & 2/27<br>1:30 – 2:30pm   | <b>Mount Sinai St. Luke's</b><br>1111 Amsterdam Ave (Room TBA)  | Breast Cancer* / Cancer<br><b>Español &amp; English</b><br>*Supported by NYC Dept of Health |
|                      | THURSDAYS<br>4:00 – 5:00pm<br>*1/3, *1/10, **1/17, *1/24, *1/31,<br>*2/7, *2/14, **2/21, *2/28 | <b>Mount Sinai Chelsea</b><br>325 W. 15 <sup>th</sup> St., Main Conference Room<br>Michelle Abraham: 212-604-6098 | Cancer<br><b>*Español &amp; English</b><br><b>** 中文 &amp; English</b>                       |
|                      | TUESDAYS: (NO CLASS 2/5 & 2/19)<br>6:30 – 7:30pm   | <b>PONO</b><br>2002 5 <sup>th</sup> Avenue (@ 124 <sup>th</sup> St)   | Young Adults with Cancer  |
|                      | FRIDAYS: 1/18 & 2/15<br>2:30 – 3:30pm  | <b>Metropolitan Hospital</b><br>1901 First Ave, 11 <sup>th</sup> Fl., Gym<br>212-222-1351                         | Breast Cancer* / Cancer<br><b>Español &amp; English</b><br>*Supported by NYC Dept of Health |
|                      | SATURDAYS<br>11:00am – 12:00pm   | <b>JCC Manhattan</b><br>334 Amsterdam Ave., 5 <sup>th</sup> Fl.<br>JoAnn Fox Weingarten: 646-717-9383             | Reproductive Cancer<br><b>Español &amp; English</b>   |
| <b>HUDSON VALLEY</b> | FRIDAYS: (NO CLASS 1/4)<br>10:00 – 11:00am   | <b>Kingston Library</b><br>55 Franklin St., Kingston, NY  | Breast Cancer*/ Cancer<br>*Supported by NYC Dept of Health                                  |
| <b>LI</b>            | SATURDAYS<br>10:00 – 11:00am   | <b>Nancy Marx Cancer Wellness Center</b><br><b>@ Sid Jacobson JCC</b><br>300 Forest Drive, Roslyn NY              | Cancer  |

**FREE SPANISH LECTURES\***

**For Reproductive & Breast Cancer Patients/Survivors**

\*In partnership with Latina SHARE. For updates & details, call Latina SHARE: 212-937-5582 or 5585

|             |  |  |   |
|-------------|--|--|---|
| <b>MHTN</b> | THURSDAY JAN 17 <sup>th</sup><br>2:30 – 3:30pm     | <b>Mt. Sinai Chelsea Center</b><br>325 West 15th                       | Bone Health Through Exercise  |
|             | MONDAY, JAN 28 <sup>th</sup><br>11:00am – 1:00pm   | <b>Lincoln Hospital</b><br>234 E. 149th St. (Btwn. Park & Morris Ave.) | Moving For Life, Exercise & Lymphedema<br>Supported by NYC Dept of Health |
| <b>BKLN</b> | TUESDAY, FEB 12 <sup>th</sup><br>10:00am – 12:00pm | <b>Make the Road NY</b><br>310 Grove St                                | Bone Health Through Exercise  |

Times subject to change. View Updates: [www.movingforlife.org/class-calendars](http://www.movingforlife.org/class-calendars) | Call: 212.222.1351 | Email: [info@movingforlife.org](mailto:info@movingforlife.org)



**JAN-FEB 2019**  
**FREE DANCE-EXERCISE CLASSES**  
**Classes Open to All**

| <b>BORO</b>  | <b>WHEN</b>  | <b>WHERE</b>  | <b>SERVING</b>                                   |
|--------------|--|---|--|
| <b>BKLYN</b> | THURSDAYS<br>5:00 – 6:00pm                                     | <b>Emblem Health Crown Heights</b><br>546 Eastern Parkway<br>RSVP: 855-283-2156   | All  |
| <b>MHTN</b>  | MONDAYS<br>11:00am – 12:00 pm<br>1/7, 1/14, 1/28, 2/4, 2/11    | <b>Initiative for Women with Disabilities @ NYU Langone</b><br>359 2 <sup>nd</sup> Ave., 1 <sup>st</sup> Floor<br>Register with IWD: 212-598-6429 | Women with Disabilities<br>5-Class Session: \$50 |
|              | MONDAYS<br>12:00 – 1:00pm<br><b>(NO CLASS 1/21 &amp; 2/18)</b> | <b>George Bruce Library</b><br>518 West 125 <sup>th</sup> St.<br>Pre-registration required.<br>Junelle Carter-Bowman: 212-662-9727                | All  |
|              | MONDAYS<br>2:00 – 3:00pm<br><b>(NO CLASS 1/14, 1/21, 2/18)</b> | <b>92nd Street Y</b><br>1395 Lexington Ave<br>Register with 92Y: 212-415-5500   | All  |
|              | MONDAYS<br>6:00 – 7:00pm<br><b>(NO CLASS 1/21, 2/18)</b>       | <b>Moving For Life / Studio 55C</b><br>55 Avenue C, South Storefront (Btwn 4 <sup>th</sup> & 5 <sup>th</sup> St)<br>RSVP: 212-222-1351            | All<br><b>Español &amp; English</b>              |
|              | TUESDAYS<br>5:00 – 6:00pm<br><b>(NO CLASS 1/1)</b>             | <b>Emblem Health Harlem</b><br>215 W. 125 <sup>th</sup> St.<br>RSVP: 866-469-0999   | All  |
|              | WEDNESDAYS<br>5:00 – 6:00pm<br><b>(NO CLASS 1/2)</b>           | <b>Moving For Life / Studio 55C</b><br>55 Avenue C, South Storefront (Btwn 4 <sup>th</sup> & 5 <sup>th</sup> St)<br>RSVP: 212-222-1351            | All<br><b>Español &amp; English</b>              |
| <b>QNS</b>   | MONDAYS<br>6:00 – 7:00pm<br><b>(NO CLASS 1/21 &amp; 2/18)</b>  | <b>Forest Hills Public Library</b><br>108-19 71st Ave, Meeting Room<br>Tamara Michel: 917-702-4295  | All  |
|              | THURSDAYS<br>6:00 – 7:00 pm                                    | <b>Glen Oaks Public Library</b><br>256-04 Union Turnpike<br>Upper Level Meeting Room, 2 <sup>nd</sup> Fl<br>Tamara Michel: 917-702-4295           | All  |

**FREE LECTURES**  
**For Reproductive & Breast Cancer Patients/Survivors**

|             |  |  |   |
|-------------|--|--|---|
| <b>MHTN</b> | TUESDAY, JAN 15 <sup>th</sup><br>4:30 – 5:30pm   | <b>Countee Cullen Library</b><br>104 W. 136 <sup>th</sup> St., Auditorium                          | Winter Health: Boosting Your Immune System<br>Supported by Komen Greater NYC  |
|             | TUESDAY, JAN 29 <sup>th</sup><br>6:30 – 8:00pm   | <b>Gilda's Club of Manhattan</b><br>195 W. Houston St.<br>Please register: 212-647-9700            | Importance of Exercise: Managing Weight<br>Supported by NYC Dept of Health  |
|             | WEDNESDAY, FEB 27 <sup>th</sup><br>2:30 – 4:30pm | <b>Mount Sinai St. Luke's</b><br>1111 Amsterdam Ave  | Managing Lymphedema (English/Spanish)<br>Supported by Komen Greater NYC   |
|             | THURSDAY, FEB 28 <sup>th</sup><br>5:00 – 6:00pm  | <b>Mt. Sinai Chelsea Center</b><br>325 West 15 <sup>th</sup> St                                    | Neuropathy  |
| <b>BRNX</b> | TUESDAY, JAN 29 <sup>th</sup><br>1:00 – 3:00pm   | <b>Montefiore Einstein Center for Cancer Care</b><br>1521 Jarrett Pl<br>Pre-register: 718-430-3613 | Importance of Exercise in Breast Cancer Recovery:<br>Tips for supporting patients<br>Supported by Komen Greater NYC |

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