



**MAR-APRIL 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 1:00 – 2:00pm Every week March 4-April 29	<b>Lincoln Hospital</b> 234 E. 149th St. (Btwn. Park & Morris Ave.)	Breast Cancer* / Cancer <b>Español &amp; English</b> *Supported by NYC Dept of Health
	WEDNESDAY 11:00am – 12:00pm 3/27 & 4/27	<b>Jacobi Medical Center</b> 1400 Pelham Parkway S., Building 1, Rm 904 Cindy Tavarez: 718-975-6558	Cancer <b>Español &amp; English</b>
<b>BKLN</b>	TUESDAYS 3:30 – 4:15pm 3/26 & 4/23	<b>Restoration Plaza</b> 1368 Fulton St., Fl 1, Multipurpose Rm.	Breast Cancer* / Cancer *Supported by NYC Dept of Health
<b>MHTN</b>	MONDAYS 2:15 – 3:15pm 3/11, 3/25, 4/8, 4/29	<b>SHARE Cancer Support</b> 165 W. 46 <sup>th</sup> St., Suite 706 Please register: 212-937-5580	Reproductive Metastatic Cancer Supported by Komen Greater NYC
	MONDAYS 3:45 – 5:00pm	<b>Gilda's Club</b> 195 W. Houston St. Please register: 212-647-9700	Cancer
	WEDNESDAYS 12:00 – 1:00pm	<b>JCC Manhattan</b> 334 Amsterdam Ave., 7 <sup>th</sup> Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	WEDNESDAYS 1:30 – 2:30pm 3/27 & 4/24	<b>Mount Sinai St. Luke's</b> 1111 Amsterdam Ave (Room TBA)	Breast Cancer* / Cancer <b>Español &amp; English</b> *Supported by NYC Dept of Health
	THURSDAYS 4:00 – 5:00pm	<b>Mount Sinai Chelsea</b> 325 W. 15 <sup>th</sup> St., Main Conference Room Michelle Abraham: 212-604-6098	Cancer <b>*Español &amp; English</b> <b>** 中文 &amp; English</b>
	TUESDAYS 6:30 – 7:30pm	<b>PONO</b> 2002 5 <sup>th</sup> Avenue (@ 124 <sup>th</sup> St) INFO: 212-222-1351	Young Adults with Cancer
	FRIDAYS 2:30 – 3:30pm 3/15 & 4/12	<b>Metropolitan Hospital</b> 1901 First Ave, 11 <sup>th</sup> Fl., Gym 212-222-1351	Breast Cancer* / Cancer <b>Español &amp; English</b> *Supported by NYC Dept of Health
	SATURDAYS 11:00am – 12:00pm	<b>JCC Manhattan</b> 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>	FRIDAYS 10:00 – 11:00am	<b>Kingston Library</b> 55 Franklin St., Kingston, NY	Breast Cancer*/ Cancer *Supported by NYC Dept of Health
<b>LI</b>	SATURDAYS in March 10:00 – 11:00am Check Website for dates in April	<b>Nancy Marx Cancer Wellness Center</b> <b>@ Sid Jacobson JCC</b> 300 Forest Drive, Roslyn NY	Cancer
	SATURDAYS 12:30-1:30pm Begins March 30	<b>NYU Winthrop</b> 173 Mineola Blvd (conference room)	Breast Cancer Patients

Come To Learn about Your Body  
Move & Dance While Sitting or Standing!

	<b>WHEN</b>	<b>WHERE</b>	<b>SERVING</b>
<b>BKLYN</b>	THURSDAYS 5:00 – 6:00pm	<b>Emblem Health Crown Heights</b> 546 Eastern Parkway RSVP: 855-283-2156	All People
<b>MHTN</b>	MONDAYS 11:00am – 12:00 pm	<b>Initiative for Women with Disabilities @ NYU Langone</b> 359 2 <sup>nd</sup> Ave., 1 <sup>st</sup> Floor Register with IWD: 212-598-6429	Women with Disabilities 5-Class Session: \$50
	MONDAYS 12:15 – 1:10pm	<b>George Bruce Library</b> 518 West 125 <sup>th</sup> St. Arrive at 12 noon to pre-register Junelle Carter-Bowman: 212-662-9727 GROUPS call 212-222-1351	All People
	MONDAYS 2:00 – 3:00pm	<b>92nd Street Y</b> 1395 Lexington Ave Health & Fitness Room (Basement) INFO: 212-222-1351	All People
	MONDAYS 6:00 – 7:00pm	<b>Moving For Life / Studio 55C</b> 55 Avenue C, South Storefront (4 <sup>th</sup> & 5 <sup>th</sup> St) INFO: 212-222-1351	All People <b>Español &amp; English</b>
	TUESDAYS 5:00 – 6:00pm	<b>Emblem Health Harlem</b> 215 W. 125 <sup>th</sup> St. RSVP: 866-469-0999	All People
	WEDNESDAYS 5:00 – 6:00pm  THURSDAYS in March 11:00am – 12:00 pm	<b>Moving For Life / Studio 55C</b> 55 Avenue C, South Storefront (4 <sup>th</sup> & 5 <sup>th</sup> St) RSVP: 212-222-1351	All People <b>Español &amp; English</b>  Older Adults
<b>QNS</b>	MONDAYS 6:00 – 7:00pm	<b>Forest Hills Public Library</b> 108-19 71st Ave, Meeting Room Tamara Michel: 917-702-4295	All People
	THURSDAYS 6:00 – 7:00 pm	<b>Glen Oaks Public Library</b> 256-04 Union Turnpike Upper Level Meeting Room, 2 <sup>nd</sup> Fl Tamara Michel: 917-702-4295	All People
	FRI March 22 WED March 27 SAT Mar 30 10:30 am	Kissena Corridor Park Rachel Carson Asphalt REGISTER & Raindate info: 212-222-1351	Anyone comfortable OUTSIDE
	FRIDAY March 29 1:30 – 2:30	<b>Centerlight TeamCare</b> <b>136-65 -37<sup>th</sup> Ave Flushing 11354</b>	Older Adults/Cancer <b>English &amp; Chinese</b>

**PARTICIPATORY INFORMATION & MOVEMENT SEMINARS or LECTURES**  
**For Breast Cancer Patients. Women with other types of Cancer may join in.**

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)

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2:33:12 PM EST 01-10-2019

**Español and/or Español/English or English/Chinese**

**MARCH**

<b>MHTN</b>	WEDNESDAY March 27th 3:00-4:00pm	<b>Settlement Health*</b> 212 E. 106th St	Managing Neuropathy <b>Español &amp; English</b>
<b>BKLYN</b>	TUESDAY, March 12th 11:00-12:00	<b>Make the Road NY*</b> 301 Grove St	Bone Health <b>Español &amp; English</b>
<b>BRNX</b>	MONDAY April 29th 12:00-1:00pm	<b>Lincoln Medical and Mental Health Center*</b> 234 E 149th St	Managing Neuropathy <b>Español</b>
<b>QNS</b>	FRIDAY March 15th 6:30-8pm	<b>Queens Center Mall*</b> 90-15 Queens Blvd	Managing Neuropathy <b>Español</b>
	FRIDAY 3/22 & 4/26 3:30-4:30pm	<b>Make the Road NY*</b> 92-10 Roosevelt Ave	Bone Health <b>Español</b>

**APRIL**

<b>MANHATTAN</b>	THURSDAY April 4th 5:00 – 6:00pm	<b>Mt. Sinai Chelsea Center</b> 325 West 15 <sup>th</sup> St	Neuropathy <b>English</b>
	WEDNESDAY April 24th 3-4:30	<b>Mt. Sinai St Luke's*</b> 1111 Amsterdam Ave	Winter Health: Boosting Your Immune System <b>Español &amp; English</b> Supported by Komen Greater NYC

\*In partnership with Latina SHARE 2-hour support groups  
For updates & details, en Español call Latina SHARE: 212-937-5585 or 5582  
<https://latina.sharecancersupport.org>  
\*\*SHARE and CenterLight classes are Supported by NYC Dept of Health or Komen Greater NYC

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