

BORO	WHEN	WHERE	FOCUS/LANGUAGE
BRNX	MONDAYS: (NO CLASS 5/27) 1:00 – 2:00pm	Lincoln Hospital 234 E. 149th St. (Btwn. Park & Morris Ave.)	*Breast Cancer / Cancer Español & English
	MONTHLY WEDNESDAYS: 5/29 & 6/26 11:00am – 12:00pm	Jacobi Medical Center 1400 Pelham Parkway S., Building 1, Rm 904 Cindy Tavaréz: 718-975-6558	Cancer Español & English
BKLN	TUESDAYS: 5/14, 5/28, 6/11, 6/25 5:00 – 6:00pm	Restoration Plaza 1368 Fulton St., Fl 1, Multipurpose Rm.	*Breast Cancer / Cancer
MHTN	MONDAYS: 5/6, 5/20, 6/3, 6/17 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 5/27) 3:45 – 5:00pm	Gilda's Club 195 W. Houston St. Please register: 212-647-9700	Cancer
	TUESDAYS 6:30 – 7:30pm	Pono 2002 5 th Avenue (@ 124 th St)	Young Adults with Cancer
	WEDNESDAYS 12:00 – 1:00pm	JCC Manhattan 334 Amsterdam Ave., 7 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	MONTHLY WEDNESDAYS: 5/22 & 6/12 1:30 – 2:30pm	Mount Sinai St. Luke's 1111 Amsterdam Ave (Room TBA)	*Breast Cancer / Cancer Español & English
	THURSDAYS: 5/2 to 5/30 4:00 – 5:00pm	The Blavatnik Family – Chelsea Medical Center at Mount Sinai 325 W. 15 th St., Main Conference Room	Cancer Español, 中文 & English
	MONTHLY FRIDAYS: 5/17 & 6/21 2:30 – 3:30pm	Metropolitan Hospital 1901 First Ave, 11 th Fl., Gym 212-222-1351	*Breast Cancer / Cancer Español & English
	SATURDAYS: (NO CLASS 5/25) 11:00am – 12:00pm	JCC Manhattan 334 Amsterdam Ave., 5 th Fl. JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer Español & English
QNS	MONTHLY FRIDAYS, 5/24 & 6/28 4:30am – 5:30pm	Make the Road NY 92-10 Roosevelt Ave., Jackson Heights	*Breast Cancer / Cancer Español & English
	FRIDAY: 5/24 1:30 – 2:30	Centerlight TeamCare 136-65 -37 th Ave, Flushing	Older Adults/Cancer English & Chinese (中文)
HUDSON VALLEY	FRIDAYS: 5/3 to 5/31 10:00 – 11:00am	Kingston Library 55 Franklin St., Kingston, NY	*Breast Cancer/ Cancer
LI	NEW! SATURDAYS 12:30 – 1:30pm	NYU Winthrop Hospital 173 Mineola Blvd, Conference Rm., Mineola, NY Caryn Cooper: caryn.cooper@ymail.com	*Breast Cancer

FREE LECTURES For Cancer Patients, Survivors & Families

MHTN	MONDAY, MAY 20th 6:00 – 7:00pm	SHARE Cancer Support 165 W. 46 th St., Suite 706 Please register: 212-937-5580	Managing Neuropathy
	THURSDAY, MAY 30th 5:00 – 6:00pm	The Blavatnik Family – Chelsea Medical Center at Mount Sinai 325 W. 15 th St., Main Conference Room	Managing Joint Pain
	FRIDAY, JUNE 14th 12:30 – 1:30pm	JCC Manhattan 334 Amsterdam Ave., 7 th Fl.	Lymphedema

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

BORO	WHEN	WHERE	SERVING
BKLYN	THURSDAYS 5:00 – 6:00pm	Emblem Health Crown Heights 546 Eastern Parkway RSVP: 855-283-2156	All
	NEW! THURSDAYS (Starts 5/9) 5:30 – 6:30pm	Zwanger Pesiri Radiology 205 Smith St (Btwn Baltic & Warren St.)	All
MHTN	MONDAYS & WEDNESDAYS 10:00 – 11:00am	John Jay Park E. 76th St. to E. 78th St. (Cherokee Pl. & FDR) Classes held in the Pool House on rainy days.	Older Adults
	MONDAYS: (NO CLASS 5/27, 6/3, 6/10) 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 5-Class Session: \$50
	MONDAYS: (NO CLASS 5/27) 12:15 – 1:10pm	George Bruce Library 518 West 125th St. Pre-registration required. Junelle Carter-Bowman: 212-662-9727	All
	MONDAYS: 5/6, 5/13, 5/20, 6/3 2:00 – 3:00pm	92nd Street Y 1395 Lexington Ave Register with 92Y: 212-415-5500	All
	MONDAYS: 5/6, 5/13, 5/20 6:00 – 7:00pm	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 th & 5 th St) RSVP: 212-222-1351	All Español & English
	TUESDAYS 5:00 – 6:00pm	Emblem Health Harlem 215 W. 125 th St. RSVP: 866-469-0999	All
	WEDNESDAYS: 5/1 – 5/22 5:00 – 6:00pm	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 th & 5 th St) RSVP: 212-222-1351	All Español & English
	NEW! THURSDAYS: 5/2 – 5/23 11:00am – 12:00pm	Moving For Life / Studio 55C 55 Avenue C, South Storefront (Btwn 4 th & 5 th St) RSVP: 212-222-1351	All
QNS	NEW! MONDAYS: (NO CLASS 5/27) 6:00 – 7:00pm	East Flushing Public Library 196-36 Northern Blvd Tamara Michel: 917-702-4295	All
	THURSDAYS 6:00 – 7:00 pm	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*

19th ANNUAL STOWE WEEKEND OF HOPE: May 3-5, 2017

FREE Conference for Cancer Patients, Survivors and their Families in beautiful Stowe, Vermont. Register at www.StoweHope.org.

13th ANNUAL NYC DANCE PARADE & FESTIVAL: Saturday, May 18, 2019, 12-4pm

Groove down Broadway (walking, dancing or sitting on a float) with Moving For Life and thousands of other dance enthusiasts.

For details, visit www.danceparade.org. Join us by calling us at 212.222.1351.

“MOVEMENT, THE ARTS & WELL-BEING” CLOSING RECEPTION & ART AUCTION @ STUDIO 55C: Sunday, May 19, 2019, 5-8pm

Moving For Life’s gallery show ends on May 19th after a workshop with Dr. Martha Eddy on Core Strength. Find us on EventBrite.

Call for details or RSVP: 212.222.1351

