



**MARCH - MAY 2020**  
**FREE DANCE-EXERCISE CLASSES**  
**For Cancer Patients, Survivors & Families**

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

<b>BORO</b>	<b>WHEN</b>	<b>WHERE</b>	<b>FOCUS/LANGUAGE</b>
<b>BRNX</b>	<b>MONDAY</b> 3/16, 3/30, 4/20, 4/27, 5/18 1:00-2:00pm	<b>Lincoln Hospital</b> 234 E. 149th St. (Btwn. Park & Morris Ave.)	*Breast Cancer <b>Español &amp; English</b>
	<b>WEDNESDAY</b> 3/25, 4/22, 5/27 11:00am-12:00pm	<b>Jacobi Medical Center</b> 1400 Pelham Parkway S., Building 1, Rm 904 Sharon Chatham: 718-975-6553	*Breast Cancer <b>Español &amp; English</b>
<b>BKLN</b>	<b>TUESDAY</b> 3/24, 4/28, 5/26 3:30-4:30pm	<b>Restoration Plaza</b> 1368 Fulton St., Fl 1, Multipurpose Rm. 212.222.1351	*Breast Cancer
<b>MHTN</b>	<b>MONDAYS</b> 3/9, 3/30, 4/6, 4/27, 5/4, 5/18 2:15-3:15pm	<b>SHARE Cancer Support</b> 165 W. 46 <sup>th</sup> St., Suite 706 Please register: 212-937-5580	**Reproductive Metastatic Cancer
	<b>MONDAYS</b> (NO CLASS 4/6) 4:00-5:00pm	<b>Gilda's Club</b> 195 W. Houston St. Please register: 212-647-9700	Cancer (Free for Gilda's Club Members)
	<b>WEDNESDAYS</b> 12:45-1:45pm	<b>JCC Manhattan</b> 334 Amsterdam Ave. L2 Teen Center JoAnn Fox Weingarten: 646-717-9383	Reproductive Cancer
	<b>WEDNESDAY</b> 3/25, 4/22 4:30-5:30 pm	<b>Morningside Mt. Sinai</b> 1111 Amsterdam Ave. Floor M-4 NY, NY 10025 212.222.1351	*Breast Cancer / Cancer <b>Español &amp; English</b>
	<b>FRIDAY</b> 3/20, 4/3, 5/15 2:30-3:30pm	<b>Metropolitan Hospital</b> 1901 First Ave, 11 <sup>th</sup> Fl., Gym 212-222-1351	*Breast Cancer / Cancer <b>Español &amp; English</b>
	<b>SATURDAYS</b> (NO CLASS 4/11, 5/23, 5/30) 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>QNS</b>	<b>FRIDAY</b> 3/27, 4/24, 5/22 4:30-5:30pm	<b>Make the Road NY - Queens</b> 92-10 Roosevelt Ave., Jackson Heights 212.222.1351	**Breast Cancer / Cancer <b>Español &amp; English</b>
	<b>FRIDAY</b> 3/13, 4/24 1:30-2:30pm	<b>Centerlight TeamCare</b> 136-65 -37 <sup>th</sup> Ave, Flushing 212.222.1351	Older Adults/Cancer <b>English &amp; Chinese (中文)</b>

**FREE WORKSHOPS/LECTURES For Cancer Patients, Survivors & Families**

<b>MHTN</b>	<b>WEDNESDAY, MARCH 4th</b> 6:30-8:30pm	<b>JCC Manhattan</b> 334 Amsterdam Ave. JoAnn Fox Weingarten: 646-717-9383	Change Your Posture, Relieve Your Pain
	<b>TUESDAY, MARCH 31th</b> 6:30-8:30pm	<b>JCC Manhattan</b> 334 Amsterdam Ave. JoAnn Fox Weingarten: 646-717-9383	Reducing Whole-Body Inflammation

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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**MARCH - MAY 2020**  
**FREE & LOW-COST DANCE-EXERCISE CLASSES**  
**OPEN TO ALL**

<b>BORO</b>	<b>WHEN</b>	<b>WHERE</b>	<b>WHO</b>
<b>BKLYN</b>	<b>THURSDAYS</b> 5:00-6:00pm	<b>Emblem Health Crown Heights</b> 546 Eastern Parkway RSVP: 855-283-2156	CANCELED - Precaution for Best Health
<b>MHTN</b>	<b>MONDAYS</b> 11:00am-12:00pm	<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 6-Class Session: \$60
	<b>MONDAYS</b> <b>(NO CLASS 4/13, 5/18, 5/25)</b> 2:00-3:00pm	<b>92Y</b> 1395 Lexington Ave, Health & Fitness Room (Basement) Register with 92Y: 212-415-5500	Open to All
	<b>TUESDAYS</b> 5:00-6:00pm	<b>Emblem Health Harlem</b> 215 W. 125 <sup>th</sup> St., RSVP: 866-469-0999	CANCELED - Precaution for Best Health
	<b>MONDAYS &amp; WEDNESDAYS</b> 10:00-11:00am Starts Apr 20	<b>John Jay Park</b> E. 76 <sup>th</sup> St to E. 78 <sup>th</sup> St. between Cherokee Place and FDR Drive 212.222.1351	Seniors
	<b>SUNDAYS IN MARCH</b> 12:00-1:00pm	<b>Marymount Manhattan College</b> 221 E 71 <sup>st</sup> St., Nugent Hall 460 RSVP: info@movingforlife.org or Eventbrite: <a href="https://bit.ly/2Rpd4kF">https://bit.ly/2Rpd4kF</a>	Older Adults & Seniors \$12 or \$40 for 4 classes
<b>QNS</b>	<b>MONDAYS IN MARCH</b> 6:00-7:00	<b>Woodside Library</b> 54-22 Skillman Avenue Woodside, NY 11377 (718) 990-5197	Open to All
	<b>THURSDAYS</b> 6:00-7:00pm	<b>Glen Oaks Public Library</b> 256-04 Union Turnpike, 2nd Floor Multi-Purpose Rm RSVP with Tamara Michel: 917-702-4295	Open to All
	<b>FRIDAYS</b> <b>(NO CLASSES IN MAY)</b> 10:00-11:00am	<b>East Flushing Public Library</b> 196-36 Northern Blvd, Children's Library Wing (718) 990-5197	Open to All
	<b>SATURDAYS</b> <b>(NO CLASS 5/23)</b> 3:00-4:00pm	<b>Sunnyside Public Library</b> 43-06 Greenpoint Ave, Long Island City, NY 11104 (718) 990-5197	Open to All

**SPECIAL EVENTS**

**JCC Shirley Kohn Spa Day for Women Living w/Breast or Ovarian Cancer: A Free Day of Pampering & Renewal** **Mar 22, 8:45am-5:30pm**

To RSVP, go to <https://jccmanhattan.org/>

**Stowe Weekend of Hope: May 1st-3rd**

To RSVP, go to <https://www.stowehope.org/>

**Susan G. Komen's Sex and Breast Cancer Conference: May 2nd**

To RSVP, go to <http://www.komennyc.org/>

**Dance Parade: May 16th**

To walk with us, email [info@movingforlife.org](mailto:info@movingforlife.org)

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