

FOR IMMEDIATE RELEASE

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## MOVING FOR LIFE EXPANDS PROGRAM OFFERINGS

Supported with funds from the State of New York

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Moving For Life was awarded a multi-year grant from the New York State Department of Health's Community-Based Breast Cancer Support and Wellness Services to develop five new classes in New York City and Ulster County.

Moving For Life, a nonprofit organization committed to helping people challenged by cancer and other illnesses through gentle exercise, fitness principles and wellness activities, is happy to announce new and expanded program offerings and community partnerships to offer **FREE** classes and lectures for breast cancer patients throughout the greater New York City area over the next **five years**.

Moving For Life is proud to be one of **14** recognized state organizations to be awarded a \$125,000 **grant from the New York State Department of Health to bring wellness programs to breast cancer survivors**. Through this grant we will launch new ***Moving For Life DanceExercise for Breast Cancer Recovery*** classes. Programs include **40-week** classes at three locations: Lincoln Hospital (Bronx, NY), Coney Island Hospital (Brooklyn, NY), and the Health Alliance of Westchester (Kingston, NY); **12-week** classes in two locations: Queens Cancer Center (Queens, NY), and Columbia University Medical Center (New York, NY); and **13 additional** lectures and workshops—all reaching **more than 1,500** breast cancer participants.

In addition, Moving For Life has established partnerships with several community-based organizations and supporters.

- Through a long-standing relationship with Gilda's Club, Moving For Life is now collaborating with doctors and staff at **Coney Island Hospital**, and with Dr. Kemeny at the **Queens Cancer Center**.
- Thanks to SHARE Cancer Support we are collaborating with patient navigators and social workers at both **Lincoln** and Jacobi hospitals in the **Bronx**.
- Special thanks to Moving for Life Instructor **Florence Poulain** who spearheaded new partnerships with the **Kingston Hospital**, Kingston Library and Kingston Parks Department. **Thanks also to** Ellen Marshall for collaborating with us at Alliance Health.
- We are grateful to Moving For Life Advisory Council Member Sheldon Feldman for connecting us with Eileen Fuentes at **Columbia University Medical Center** and with many breast cancer patients in the Washington Heights community. We look forward to working with Dr. Blinderman.

"We **pride ourselves on our** partnerships with inner city hospitals and libraries, as well as **with** renowned organizations such as Gilda's Club, SHARE Cancer Support, the JCC, and the various Ys that we work with" says **Founding Director Dr. Martha Eddy**.

The Moving For Life team envisions **eventually having programming** available at every hospital, cancer support group, agency, and home where people are dealing with the trials of **cancer or** other life-threatening diseases that benefit from movement and exercise. **The goal is to** empower women and men to safely reclaim a fully active life through scientific, invigorating programs that promote physical and emotional healing.

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#### **ABOUT MOVING FOR LIFE**

Founded in 1999, by Dr. Martha Eddy, Annie Rosen and Jan Albert, **Moving For Life** delivers on-going programs and special events focused on wellness, fitness and health through movement, dance, exercise and other supportive activities for groups and/or individuals with cancer, neurological issues, learning disabilities chronic pain or physical movement challenges. MFL prides itself **on bringing the kind of wellness** practices often available to people of **privilege to underserved** neighborhoods for free or at low cost, while spreading life-enhancing knowledge of healthy movement and lifestyle choices to people regardless of socio-economic status. Moving For Life also seeks to encourage people to **regain control of their own health** through informative lectures, safe fitness workouts and wellness support.

*Moving For Life classes and lectures are supported with funds by the State of New York and numerous individual and corporate donors. Past support for classes was awarded by the **Susan G. Komen Breast Cancer Foundation**. For a complete listing please visit our website: [www.MovingForLife.org](http://www.MovingForLife.org).*