



Update: COVID-19 Class Cancellations & Alternatives

Dear Moving For Life Community,

Moving For Life is closely monitoring reports regarding the COVID-19 virus and chooses to act mindfully to protect everyone, especially those of us with compromised immune systems, chronic health issues or other challenges. This is a difficult time and your health is our priority.

To minimize the risks, we have modified our class schedule as follows:

- **All in-person Dance Exercise classes from 3/11 - 3/20 are cancelled**
- **Video class offerings** are in the works and will start asap, a schedule will be emailed

- **Conference calls for those with limited access to video options:** check-in, do a little dancing, stretching, guided movement and breathwork
- **As classes resume we will let you know**

What other steps have we been taking?

- Avoiding re-use/sharing of resistance bands (Donations of resistance bands are always welcome so that we may offer them to each individual)
- Minimizing direct person-to-person contact (no high fives, handshakes etc. and keeping good distance in class, etc.).
- Calls to all sites to discuss
- Changes to the schedule communicated directly to teachers and regular class participants
- Coordinating alternatives as best we can (video, Calls etc).
- **Our [web calendar](#) and [Facebook page](#) are also updated as things shift.**

Let's get creative in our greetings (goodbye handshake for now). **Avoid touching your face. Wash your hands. Let's keep our community safe, healthy and connected!**

Remember that **Exercise (and good sleep) boost the immune system** so please keep moving at home! We will schedule times to get together virtually asap.

Any questions, please email us at info@movingforlife.org or me directly at caroline@movingforlife.org.

Sending Big Air Hugs to Everyone,

Caroline Zayas King
Executive Director, Moving For Life, Inc.

STUDENT ADVISORY:

We encourage you to take your health into your own hands and get educated about your risk factors and the preparedness and precautionary measures you can take. Be informed and also be mindful to your inner wisdom. What is best for YOU? How can you care for yourself and your loved ones?

To keep the community safe we are advising the following:

- *If you have been diagnosed with COVID-19, or have had close contact with someone who has been diagnosed with COVID-19, please do not attend*

Moving For Life or other group events/programs until cleared by a medical professional. If you have attended any classes recently/near exposure please contact Caroline King or the instructor to ensure anyone impacted may be notified and self-quarantine/get tested.

- If you, or someone with whom you've had close contact with someone impacted or have recently traveled to a [CDC Level 2 or higher country](#) (e.g., China, Iran, Italy, South Korea or Japan), we ask that you not attend Moving For Life classes for a period of at least 14 days after such exposure or potential exposure to clear the incubation period for COVID-19. **Please discuss any recent travels or potential exposure or illness** with the instructor to ensure awareness/precaution.
- **If you discover information at any time that you may want to share with us, please err on the side of caution** and call or email us: 212-222-1350 or caroline@movingforlife.org.
