



Winter- Spring 2012 Greater NYC Classes

Moving on from Cancer is a MOVING FOR LIFE dance-exercise program originally created for Breast Cancer Survivors. Classes are designed by Exercise Physiologist, Movement Therapist and Dance Educator, Dr. Martha Eddy.

Classes for cancer patients are low cost or FREE.
News, Faculty Info, Articles, Photos, Video and More at
www.MovingForLife.org

NEW classes: STATEN ISLAND & LONG ISLAND in March!

MFL is a community Outreach Program of Moving On Center,
a non-profit educational organization focusing on healthy lives through movement.

<p>MONDAY</p>	<p>MFL Staten Island @ Acuphysio with Diana Domoracki-Kisto, CMA 11:00-12:00pm & 12:30-1:30pm • Mar 5- 26 • 1428 Victory Blvd Call to register: 212.414.2921 or email info@wellnessCKE.net MFL Gilda's Club with Catherine Gross or Martha Eddy 3:30-5:00pm • 195 W Houston St. Call to register: 212.647.9700</p>
<p>TUESDAY</p>	<p>MFL Restoration Plaza, 1368 Fulton St, 1st Floor, Brooklyn Elena Lopez Sans and Martha Eddy 4:45pm • Feb 14, 27, Mar 13, 27, Apr 10, 24 MFL Washington Heights with Sherry Greenspan Columbia Community Partnership for Health 12:45-1:45pm • 390 Fort Washington Ave. nr 178th St, ground floor Call to register: 212-414-2921 or email movingforlifeWaHi@gmail.com</p>
<p>WEDNESDAY</p> <p>En espanol</p>	<p>MFL Stepping Out at JCC of Manhattan Makom Center 12:00-1:00 pm • 76th St & Amsterdam Ave, 7th floor Martha Eddy or Sherry Greenspan MFL Settlement Health with Martha Eddy or Catherine Gross 3:00-4:00pm • 212 E106th St • Feb 15, 22, 29, Mar 7, 14 Call to register: 212.414.2921 or email info@wellnessCKE.net</p>
<p>THURSDAY</p> <p>Hablamos espanol</p>	<p>MFL Restorative Dance with Sharon Epstein 10 – 11am • March 1, 15, 22 & 29 • JCC of the Greater Five Towns 207 Grove Ave, Cedarhurst, NY 2:00-3:00 pm • Zumbabrazil 634 Middle Neck Rd, Great Neck, NY <i>Complimentary to Cancer Survivors, Gilda's Club & SHARE members</i> Call to register: 516.829.5846 www.sharonepstein.com</p> <p>MFL Washington Heights 12:45 Sherry Greenspan (see Tues for info) Call to register: 212-414-2921 or email movingforlifeWaHi@gmail.com MFL Columbia Breast Center at 161 Fort Washington Ave 5:30-7:00pm • Feb 23, Mar 29, Apr 26 MFL/Moving On at the American Cancer Society's Hope Lodge Catherine Gross or Martha Eddy 5:00-6:00 pm • Hope Lodge 132 West 32nd Street Call to register: 212.414.2921 or email info@wellnessCKE.net</p>
<p>SATURDAY</p>	<p>MFL Wellness Dance with Wendy Joseph February 25th 12:30-1:30pm The Center for Kinesthetic Education • 49 West 27th Street, Mezz B <i>Complimentary to Cancer Survivors, Gilda's Club & SHARE members</i> 212.414.2921 or email info@wellnessCKE.net</p>
<p>Outdoor Workouts Tues Thurs Sat</p>	<p>MFL & Nancerize with Nancy Bruning at Fort Tryon Park - Cloisters 7:30 -8:30am Tuesdays & Thursdays • 8:30-9:30am Saturdays www.nancybruning.com</p>
<p>Movement Lecture Series: The Importance of Exercise in Recovery</p>	<p>SHARE/LATINA SHARE: Lec/Dems in English and Spanish March 13th Restoration Plaza • April 12th Little Neck For exact times, locations, and registration: Call 212.719.2943 or email rsvp@sharecancersupport.org Nuevas clases en varios barrios empezando 212. 229.8392 Breast Cancer Hotline: 866.891.2392 www.sharecancersupport.org Ask about: Feb 15 St Luke's • Feb 28 Montefiore Gilda's</p>

Moving On Breast Cancer Recovery program offers free classes in English & Spanish through funding from Greater NYC Affiliate of Susan G. Komen for the Cure® NYC MFL Office: 49 West 27th St. Mezz B, New York, NY 10001 t: 212.414.2921 MFL English Hotline: 212.229.8391 Informacion en Espanol: 212.229.8392
info@MovingOnAerobics.org www.MovingForLife.org

*Movimiento para la vida
todos*

Gozoso ejercicio y baile para

CLASES EN NUEVA YORK



Moving on des de Cancer es una Moving For Life (Movimiento Para La Vida) programa de danza y ejercicio creado originalmente para sobrevivientes del cáncer de seno. La clase esta diseñada por Dr. Martha Eddy fisióloga del ejercicio, terapeuta del movimiento y educadora de danza. Cualquier persona que se enfrenta con una enfermedad crónica, o desafíos físicos puede participar.

Las clases para los pacientes de cáncer son a bajo precio o gratis. Novedades, información facultativa, artículos, fotos video y más
www.MovingForLife.org

Moving On Breast Cancer Recovery classes en Espanol through funding from Greater NYC Affiliate of Susan G. Komen for the Cure® New York Office: MOC at CKE 49 West 27th Street Mezz B, NY, NY 10001

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