



## 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](http://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><b>MONDAY</b></p>	<p><b>MFL Staten Island @ Acuphysio with Diana Domoracki-Kisto, CMA</b> <b>11:00-12:00pm &amp; 12:30-1:30pm • Mar 5- 26 • 1428 Victory Blvd</b> Call to register: 212.414.2921 or email <a href="mailto:info@wellnessCKE.net">info@wellnessCKE.net</a> <b>MFL Gilda's Club with Catherine Gross or Martha Eddy</b> <b>3:30-5:00pm • 195 W Houston St.</b> Call to register: 212.647.9700</p>
<p><b>TUESDAY</b></p>	<p><b>MFL Restoration Plaza, 1368 Fulton St, 1<sup>st</sup> Floor, Brooklyn</b> <b>Elena Lopez Sans and Martha Eddy</b> <b>4:45pm • Feb 14, 27, Mar 13, 27, Apr 10, 24</b> <b>MFL Washington Heights with Sherry Greenspan</b> <b>Columbia Community Partnership for Health</b> <b>12:45-1:45pm • 390 Fort Washington Ave. nr 178<sup>th</sup> St, ground floor</b> Call to register: 212-414-2921 or email <a href="mailto:movingforlifeWaHi@gmail.com">movingforlifeWaHi@gmail.com</a></p>
<p><b>WEDNESDAY</b></p> <p><b>En espanol</b></p>	<p><b>MFL Stepping Out at JCC of Manhattan Makom Center</b> <b>12:00-1:00 pm • 76<sup>th</sup> St &amp; Amsterdam Ave, 7<sup>th</sup> floor</b> <b>Martha Eddy or Sherry Greenspan</b> <b>MFL Settlement Health with Martha Eddy or Catherine Gross</b> <b>3:00-4:00pm • 212 E106<sup>th</sup> St • Feb 15, 22, 29, Mar 7, 14</b> Call to register: 212.414.2921 or email <a href="mailto:info@wellnessCKE.net">info@wellnessCKE.net</a></p>
<p><b>THURSDAY</b></p> <p><b>Hablamos espanol</b></p>	<p><b>MFL Restorative Dance with Sharon Epstein</b> <b>10 – 11am • March 1, 15, 22 &amp; 29 • JCC of the Greater Five Towns</b> <b>207 Grove Ave, Cedarhurst, NY</b> <b>2:00-3:00 pm • Zumbabrazil 634 Middle Neck Rd, Great Neck, NY</b> <i>Complimentary to Cancer Survivors, Gilda's Club &amp; SHARE members</i> Call to register: 516.829.5846 <a href="http://www.sharonepstein.com">www.sharonepstein.com</a></p> <p><b>MFL Washington Heights 12:45 Sherry Greenspan (see Tues for info)</b> Call to register: 212-414-2921 or email <a href="mailto:movingforlifeWaHi@gmail.com">movingforlifeWaHi@gmail.com</a> <b>MFL Columbia Breast Center at 161 Fort Washington Ave</b> <b>5:30-7:00pm • Feb 23, Mar 29, Apr 26</b> <b>MFL/Moving On at the American Cancer Society's Hope Lodge</b> <b>Catherine Gross or Martha Eddy</b> <b>5:00-6:00 pm • Hope Lodge 132 West 32<sup>nd</sup> Street</b> Call to register: 212.414.2921 or email <a href="mailto:info@wellnessCKE.net">info@wellnessCKE.net</a></p>
<p><b>SATURDAY</b></p>	<p><b>MFL Wellness Dance with Wendy Joseph</b> <b>February 25<sup>th</sup> 12:30-1:30pm</b> <b>The Center for Kinesthetic Education • 49 West 27th Street, Mezz B</b> <i>Complimentary to Cancer Survivors, Gilda's Club &amp; SHARE members</i> 212.414.2921 or email <a href="mailto:info@wellnessCKE.net">info@wellnessCKE.net</a></p>
<p><b>Outdoor Workouts</b> <b>Tues Thurs Sat</b></p>	<p><b>MFL &amp; Nancerize with Nancy Bruning at Fort Tryon Park - Cloisters</b> <b>7:30 -8:30am Tuesdays &amp; Thursdays • 8:30-9:30am Saturdays</b> <a href="http://www.nancybruning.com">www.nancybruning.com</a></p>
<p><b>Movement Lecture Series:</b> <b>The Importance of Exercise in Recovery</b></p>	<p><b>SHARE/LATINA SHARE: Lec/Dems in English and Spanish</b> <b>March 13<sup>th</sup> Restoration Plaza • April 12<sup>th</sup> Little Neck</b> <b>For exact times, locations, and registration:</b> <b>Call 212.719.2943 or email <a href="mailto:rsvp@sharecancersupport.org">rsvp@sharecancersupport.org</a></b> Nuevas classes en varios barrios empezando 212. 229.8392 Breast Cancer Hotline: 866.891.2392 <a href="http://www.sharecancersupport.org">www.sharecancersupport.org</a> <b>Ask about: Feb 15 St Luke's • Feb 28 Montefiore Gilda's</b></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 27<sup>th</sup> 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](mailto:info@MovingOnAerobics.org) [www.MovingForLife.org](http://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](http://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 27<sup>th</sup> Street Mezz B, NY, NY 10001

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