

Nancy Marx Cancer Wellness Center

NOVEMBER 2018 PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	2 RESTORATIVE MOVEMENT* 11:30am-12:15pm GENERAL EXERCISE STS 101*(NEW SESSION BEGINS) 12:45-1:30pm GENERAL EXERCISE STS 201* (NEW SESSION BEGINS) 12:45-1:30pm DISCUSSION GROUP FOR ALL 1:30-2:15pm	3
4 GENTLE YOGA* (NEW SESSION BEGINS) 9:30-10:30am	5 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm MALE CANCER DISCUSSION GROUP 12:15-1:30pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	6 WATER WORKOUT* 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	7 4 YOUR HEALTH* 12-1pm	8 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	9 RESTORATIVE MOVEMENT* 11:30am-12:15pm METASTATIC, ADVANCED OR RECURRENT CANCER GROUP 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm DISCUSSION GROUP FOR ALL 1:30-2:15pm	10
11 GENTLE YOGA* 9:30-10:30am	12 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	13 WATER WORKOUT* (NEW SESSION BEGINS) 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	14 4 YOUR HEALTH* 12-1pm HEART SMART: SIX STEPS IN SIX WEEKS TO HEART HEALTHY LIVING* 6:30-8pm	15 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	16 RESTORATIVE MOVEMENT* 11:30am-12:15pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm DISCUSSION GROUP FOR ALL 1:30-2:15pm	17
18 GENTLE YOGA* 9:30-10:30am	19 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm MALE CANCER DISCUSSION GROUP 12:15-1:30pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	20 WATER WORKOUT* 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	21	22 CLOSED FOR THANKSGIVING	23 RESTORATIVE MOVEMENT* 11:30am-12:15pm METASTATIC, ADVANCED OR RECURRENT CANCER GROUP 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm DISCUSSION GROUP FOR ALL 1:30-2:15pm	24
25 GENTLE YOGA* 9:30-10:30am	26 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	27 WATER WORKOUT* 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	28	29	30	

NOVEMBER 2018 PROGRAMS

All exercise programs will run for 12 weeks, with an assessment done at the conclusion of the program.

Programs are free unless otherwise specified.

Free valet parking available Monday-Friday, 8:30am-2:30pm

EXERCISE PROGRAMS

Physician's clearance & phone intake prior to participation required.

BREAST CANCER EXERCISE STRENGTH TO STRENGTH 101*

Exercise designed to the specific needs of women with breast and other gynecologic cancers.

BREAST CANCER EXERCISE STRENGTH TO STRENGTH 201*

For those who have attended Breast Cancer Exercise STS 101 and have received the approval of the social worker and cancer exercise specialist to move to a transitional exercise class. This 12-week class will reinforce your increased strength and stamina, and will assist in preparing you to enter regular programming at the JCC.

\$ 120 / members free

CALM YOUR SPIRIT MEDITATION

Learn how to calm your mind through mindful meditation instruction.

GENERAL EXERCISE STRENGTH TO STRENGTH 101*

Full body conditioning tailored to meet the needs of all.

GENERAL EXERCISE STRENGTH TO STRENGTH 201*

For clients who have completed General Exercise STS 101 and have received the approval of the social worker and cancer exercise specialist to move to a transitional exercise class. This 12-week class will reinforce your increased strength and stamina, and will assist in preparing you to enter regular programming at the JCC.

\$ 120 / members free

GENTLE YOGA*

Open to all. Includes a combination of postures, rhythmic breathing and meditation to reduce fatigue, anxiety and restore a feeling of wellness.

RESTORATIVE MOVEMENT FOR THOSE IN ACTIVE CANCER TREATMENT*

A gentle, full body workout for those undergoing cancer treatment. Gain muscle strength, boost energy, manage stress, increase blood flow, and enhance your quality of life. Exercises done in a seated position.

WATER WORKOUT*

Engage in low impact movements, stretching and breathing exercises to strengthen your upper and lower body in our heated pool. Open to all survivors.

*PRE-REGISTRATION REQUIRED FOR EXERCISE CLASSES AND SELECT WORKSHOPS. REGISTER ONLINE AT WWW.SJJCC.ORG/CWC PROGRAMS ARE FREE UNLESS SPECIFIED (SEE BACK FOR MORE INFORMATION)

FOR MORE INFORMATION, CONTACT REISA BRAFMAN,
PROGRAM COORDINATOR, 516.484.1545 EXT. 228,
RBRAFMAN@SJJCC.ORG



SJJCC.ORG

DISCUSSION PROGRAMS

DISCUSSION GROUP FOR BREAST CANCER SURVIVORS

Meet with others to discuss assorted topics related to your cancer experience. Caregivers welcome.

MALE CANCER SURVIVORS' DISCUSSION GROUP

For all male cancer survivors of any age. Peer led by Scott Gassman, cancer survivor and change management practitioner.

GENERAL DISCUSSION

Meet with other like-minded people to discuss assorted topics related to your experience. Caregivers welcome. For men and women.

METASTATIC, ADVANCED OR RECURRENT CANCER DISCUSSION GROUP

This group is for people with recurrent, advanced or metastatic cancer. Meets the 2nd and 4th Friday of every month.

SPECIAL EVENTS

POWER OF WORDS WITH LESLIE POPKIN

Put pen to paper to awaken the writer within you.

4 YOUR HEALTH*

Achieve a better understanding about nutrition from an Oncology Registered Dietician. This program is open to all cancer survivors. In partnership with *The Cancer Institute at St. Francis Hospital*.

WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM*

Designed for children ages 5-12 with either a parent or a sibling with a cancer diagnosis. Children will share and learn lifelong skills with their peers who are also facing similar circumstances. Funded in part by *Go With Courage* and *JCC New Leadership Group*.

HEART SMART: SIX STEPS IN SIX WEEKS TO HEART HEALTHY LIVING*

Expert panelists discuss heart disease and its risk factors, and steps to get on the road to heart health! In partnership with *Northwell Health's Katz Institute for Women's Health*.

COMMUNITY PARTNERS *(in alphabetical order)*

Adelphi New York Statewide Breast Cancer Hotline & Support Program

American Cancer Society

Beth C. Tortolani Foundation

The Cancer Institute at St. Francis Hospital

Colette Coyne Melanoma Awareness Campaign

Go With Courage

Great Neck Breast Cancer Coalition

The Leukemia & Lymphoma Society - Long Island Chapter

Manhasset Women's Coalition Against Breast Cancer

Mondays at Racine

National Ovarian Cancer Coalition

Northwell Health

Sharsheret

Partial funding for Breast Cancer Programming and Services provided by:

| Beth C. Tortolani Foundation

| Manhasset Women's Coalition Against Breast Cancer

| New York State Department of Health

Partial Funding for We've Got Your Back Family Cancer Support provided by:

| Go With Courage

| Sid Jacobson JCC's New Leadership Group