

# Nancy Marx Cancer Wellness Center

## MARCH 2019 PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 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	2 DANCE TO WELLNESS* 10-11am
3 GENTLE YOGA & MEDITATION* 9-10:30am	4 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm EAT. CHAT. MOVE!* 12:15-1:45pm MALE CANCER DISCUSSION GROUP 12:15-1:30pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	5 WATER WORKOUT* 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	6 THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS* 6-6:50pm	7 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	8 RESTORATIVE MOVEMENT* 11:30am-12:15pm METASTATIC, ADVANCED OR RECURRENT 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	9 DANCE TO WELLNESS* 10-11am
10 GENTLE YOGA & MEDITATION* 9-10:30am	11 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm EAT. CHAT. MOVE!* 12:15-1:45pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	12 WATER WORKOUT* 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	13 THE VOLUNTEER ADVISORY COMMITTEE MEETING* 10:30am-12pm THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS* 6-6:50pm	14 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	15 PLAN. PREPARE. PROTECT: HOW TO HAVE MEANINGFUL CONVERSATIONS 9:30-11:30am 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	16 DANCE TO WELLNESS* 10-11am
17 GENTLE YOGA & MEDITATION* 9-10:30am	18 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm EAT. CHAT. MOVE!* 12:15-1:45pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	19 WATER WORKOUT* 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	20 THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS* (NEW SESSION BEGINS) 6-6:50pm	21 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	22 RESTORATIVE MOVEMENT* 11:30am-12:15pm METASTATIC, ADVANCED OR RECURRENT 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	23 DANCE TO WELLNESS* 10-11am
24 GENTLE YOGA & MEDITATION* 9-10:30am	25 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm EAT. CHAT. MOVE!* 12:15-1:45pm BREAST CANCER STS 101* 1-1:45pm POWER OF WORDS 2pm	26 WATER WORKOUT* 11:45am-12:30pm WE'VE GOT YOUR BACK AFTER-SCHOOL PROGRAM* (NEW) 3:30-6:30pm	27 THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS* 6-6:50pm	28 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	29 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	30 DANCE TO WELLNESS* (NEW SESSION BEGINS) 10-11am
31 GENTLE YOGA & MEDITATION* (NEW SESSION BEGINS) 9-10:30AM						

\*PRE-REGISTRATION REQUIRED. REGISTER AT [SJJCC.ORG/CANCERWELLNESS](http://SJJCC.ORG/CANCERWELLNESS). PROGRAMS FREE UNLESS SPECIFIED. SEE BACK FOR MORE INFORMATION.

# MARCH 2019 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.

### NEW! DANCE TO WELLNESS\*

Join Caryn Cooper – a *Moving For Life* practitioner – who will lead this low-impact dance exercise class that combines aerobics, cardio, stretching and yoga to address the needs of cancer survivors.

### 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

### NEW! GENTLE YOGA & MEDITATION\*

Start your week with a combination of postures, rhythmic breathing, and meditation to reduce fatigue, anxiety, and restore a feeling of wellness.

### NEW! THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS\*

Ora Sucov, a breast cancer survivor, leads this gentle class that focuses on the healing benefits of yoga, including supported poses and breathing techniques that foster deep relaxation. Modified for all levels. *In partnership with United We Om.*

### 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.

## DISCUSSION GROUPS

### BREAST/GYNECOLOGIC CANCER SURVIVORS

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

### MALE CANCER SURVIVORS

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

### ALL CANCER SURVIVORS

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 SURVIVORS

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

## SPECIAL EVENTS

### POWER OF WORDS WITH LESLIE POPKIN

Put pen to paper to awaken the writer within you.

### 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.*

### EAT. CHAT. MOVE!\*

For women with either breast and/or gynecologic cancer. Workout with a certified cancer exercise specialist and discuss positive nutrition habits with registered oncology dietitians. *In partnership with The Cancer Institute at St. Francis Hospital.*

### PLAN. PREPARE. PROTECT: HOW TO HAVE MEANINGFUL CONVERSATIONS\*

Through role playing and vignettes, we will present strategies for initiating and conducting difficult – yet essential – conversations to provide peace of mind. This valuable workshop is the perfect gift to share with your loved ones. It will leave you feeling educated, equipped, and empowered to effectively communicate with your family and advisors. *In partnership with the Goidel Law Group.* For more information and to register, visit [sjcc.org/planprepare](http://sjcc.org/planprepare).

*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

**FOR MORE INFORMATION, CONTACT REISA BRAFMAN,  
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[SJCC.ORG](http://SJCC.ORG)