

# Nancy Marx Cancer Wellness Center

## MAY 2019 PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS* 6-6:50pm	2 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	3 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	4
5 GENTLE YOGA & MEDITATION* 9-10:30am	6 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	7 WATER WORKOUT* 11:45am-12:30pm	8 VOLUNTEER ADVISORY COMMITTEE MEETING* 10:30am-12pm THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS* 6-6:50pm	9 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	10 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	11
12 GENTLE YOGA & MEDITATION* 9-10:30am	13 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	14 WATER WORKOUT* (NEW SESSION BEGINS) 11:45am-12:30pm	15 THE KARMA PROJECT: GENTLE YOGA & MINDFULNESS* 6-6:50pm	16 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	17 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 (MEET NANCY NAHMIA) 1:30-2:15pm	18
19 GENTLE YOGA & MEDITATION* 9-10:30am	20 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	21 WATER WORKOUT* 11:45am-12:30pm	22	23 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	24 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	25
26 GENTLE YOGA & MEDITATION* 9-10:30am	27 NO CLASSES MEMORIAL DAY	28 WATER WORKOUT* 11:45am-12:30pm	29	30 CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	31 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	

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

# MAY 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.

### 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 & MEDITATION\*

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

### 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.

### DISCUSSION GROUP FOR ALL – FRIDAY, MAY 17 ONLY!

Special guest Nancy Nahmias, BA, CCRA, Senior Administrative Director, Cancer Clinical Trials Office at Northwell Health will join us.

Learn about the importance of participating in clinical trials and have all of your questions answered.

## 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  
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  
Project Independence  
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

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



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