

Nancy Marx Cancer Wellness Center

SEPTEMBER 2019 PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NO CLASSES	2 NO CLASSES LABOR DAY	3 WATER WORKOUT* 11:45am-12:30pm	4	5 WALKING GROUP* (NEW SESSION BEGINS) 10:30-11:30am CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	6 RESTORATIVE MOVEMENT* 11:15am-12pm DISCUSSION GROUP FOR ALL 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm	7 LET'S DANCE!* 10-11am
8 GENTLE YOGA & MEDITATION 101* 9-10:30am YOGA & MEDITATION 201* 12-1:30pm	9 BREAST CANCER STS 201* 11:30-12:15pm BREAST CANCER DISCUSSION 12:15-1pm BREAST CANCER STS 101* 1-1:45pm MALE CANCER DISCUSSION GROUP 12:15-1:30pm POWER OF WORDS 2pm	10 WATER WORKOUT* 11:45am-12:30pm	11 VOLUNTEER ADVISORY COMMITTEE MEETING 10:30am-12pm	12 WALKING GROUP* 10:30-11:30am CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	13 RESTORATIVE MOVEMENT* 11:15am-12pm METASTATIC, ADVANCED OR RECURRENT GROUP 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm	14 LET'S DANCE!* 10-11am
15 RELAX-RESTORE- RENEW RETREAT* 9:30am-2:30pm (Check-in begins 9am)	16 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	17 WATER WORKOUT* 11:45am-12:30pm STRONGER THAN CANCER 5K COMMITTEE MEETING 6-7pm	18	19 WALKING GROUP* 10:30-11:30am CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	20 RESTORATIVE MOVEMENT* 11:15am-12pm DISCUSSION GROUP FOR ALL 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm	21 LET'S DANCE!* 10-11am
22 GENTLE YOGA & MEDITATION 101* 9-10:30am YOGA & MEDITATION 201* 12-1:30pm	23 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	24 WATER WORKOUT* 11:45am-12:30pm	25	26 WALKING GROUP* 10:30-11:30am CALM YOUR SPIRIT MEDITATION 12:30-1:30pm	27 RESTORATIVE MOVEMENT* 11:15am-12pm METASTATIC, ADVANCED OR RECURRENT GROUP 12-12:45pm GENERAL EXERCISE STS 101* 12:45-1:30pm GENERAL EXERCISE STS 201* 12:45-1:30pm	28 LET'S DANCE!* 10-11am
29 GENTLE YOGA & MEDITATION 101* 9-10:30am YOGA & MEDITATION 201* 12-1:30pm	30 NO CLASSES ROSH HASHANAH					

*PRE-REGISTRATION REQUIRED. REGISTER AT SJJCC.ORG/CANCERWELLNESS.
PROGRAMS FREE UNLESS SPECIFIED. SEE BACK FOR MORE INFORMATION.

SEPTEMBER 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.

LET'S DANCE!*

Join us for this fun Saturday morning dance class that combines gentle movement & great music 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

GENTLE YOGA & MEDITATION 101*

Start your week with 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.

WALKING GROUP*

Led by a cancer exercise specialist this group will walk together while learning the basics including proper techniques and form.

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.

YOGA & MEDITATION 201*

This class will build upon the postures, rhythmic breathing and meditation learned in Gentle Yoga & Meditation and assists in preparing you to enter regular fitness programming at the JCC. \$120 / members free

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. Meets the 1st and 3rd Friday of every month.

METASTATIC, ADVANCED OR RECURRENT CANCER SURVIVORS

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.

RELAX-RESTORE-RENEW RETREAT*

Join us at Bernice Jacobson Day School for a vacation from cancer and rediscover the joy and hope in life! This free retreat is open to survivors of all types of cancer. Enjoy gentle, creative and educational activities in a nurturing and supportive environment. Funded in part by Manhasset Women's Coalition Against Breast Cancer.

Advanced registration is required. Register by September 9.

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
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 Family Cancer Support provided by:

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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