

# Cancer Support Services

Cancer Support Services at Sylvester offers a variety of Zoom & In-Person Sessions. For Zoom Sessions, at the scheduled time, simply follow the link to join the meeting. If you have not used ZOOM, you will be prompted to download the program. Participant names cannot be removed, so please sign on using an alias. Participant video is disabled; please leave it off and mute your audio unless you wish to ask a question.

Time	Monday 09/09	Tuesday 09/10	Wednesday 09/11	Thursday 09/12	Friday 09/13
9 AM	CHAIR YOGA SMOB 120F			CHAIR YOGA HYBRID SMOB 120F and <a href="https://miami.zoom.us/j/7853023017">https://miami.zoom.us/j/7853023017</a>	
10 AM					
11 AM				Sylvester Music Project: Diana Rada-Torres, Harpist SCCC/UMHC CTU	
12 PM			Sylvester Music Project: Mozart for Lunch SCCC/UMHC Lobby		Sylvester Music Project: LGEM DUO SCCC/UMHC LOBBY
1 PM					
2 PM			Peaceful Pixel Harmonies Music Therapy Relaxation with Imagery <a href="https://miami.zoom.us/j/2673563136">miami.zoom.us/j/2673563136</a>		
6 PM		Move with Stefan Body Resistance Band Training <a href="https://miami.zoom.us/j/95300139011">miami.zoom.us/j/95300139011</a>		Move with Stefan Body Resistance Band Training <a href="https://miami.zoom.us/j/95300139011">miami.zoom.us/j/95300139011</a>	

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Complete calendar with links can be found at:

<https://umiamihealth.org/en/sylvester-comprehensive-cancer-center/classes-and-events>

