

MARCH 2025

MONDAY, 3/10/25

TUESDAY, 3/11/25

WEDNESDAY, 3/12/25

THURSDAY, 3/13/25

FRIDAY, 3/14/25

Cancer Support Services at Sylvester provides a range of Zoom and in-person sessions. For Zoom sessions, simply click the provided link at the scheduled time to join. If you're new to Zoom, you may be prompted to download the program. Please note that participant names cannot be removed, so we recommend using an alias when joining. Video will remain disabled please keep it off and mute your audio unless you wish to ask a question.

Contact Information:

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[Link to Online Calendar](#)

9 AM | HYBRID CHAIR YOGA, SYLVESTER MEDICAL OFFICE BUILDING OR [ZOOM LINK](#)

12 PM | ART & A BITE, VIRTUAL ART THERAPY GROUP, [ZOOM LINK](#)

12 PM | POWER HOUR WITH STEFAN (DUMBBELLS REQUIRED), [ZOOM LINK](#)

1 PM | GUITARIST, ERIC SWANSON, HOLLYWOOD

2 PM | GUITARIST, DANNY MONTANA, SCCC/UMHC CTU

6 PM | SURVIVORSHIP CHOIR, LENNAR LOBBY

9 AM | CORE & MORE, [ZOOM LINK](#)

10 AM | NATIONAL NUTRITION MONTH TABLE PRESENTATION, FOOD CONNECTS US, DEERFIELD BEACH, 1ST FLOOR LOBBY

1 PM | SYLVESTER MUSIC PROJECT: MOZART FOR LUNCH, SCCC/UMHC LOBBY

9 AM | HYBRID CHAIR YOGA, SYLVESTER MEDICAL OFFICE BUILDING OR [ZOOM LINK](#)

11 AM | SYLVESTER MUSIC PROJECT: DIANA RADA-TORRES, HARPIST, SCCC/UMHC LOBBY

12 PM | POWER HOUR WITH STEFAN (DUMBBELLS REQUIRED), [ZOOM LINK](#)

1 PM | GUITARIST, ERIC SWANSON, PLANTATION

6 PM | SUNDOWN BEATS DRUMMING GROUP, PLANTATION HEM/ONC SUITE

9 AM | CORE & MORE, [ZOOM LINK](#)

12 PM | SYLVESTER MUSIC PROJECT: LGEM DUO, SCCC/UMHC LOBBY