

Cancer Support Services

ZOOM Schedule

Cancer Support Services at Sylvester is offering yoga, spiritual counseling, and art and music therapy through live 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 07/04	Tuesday 07/05	Wednesday 07/06	Thursday 07/07	Friday 07/08
10 AM	<p>Cancer Support Services wishes you and your family a relaxing and safe holiday</p> 				<p>Meditación con Música: La montaña miami.zoom.us/j/2673563136</p>
10:30 AM					<p>Gentle Chair Yoga with Sari miami.zoom.us/j/92994498552</p>
11 AM					
12 PM					<p>Sylvester Music Project: LGEM Duo miami.zoom.us/j/193328353</p>
1 PM		<p>Sylvester Music Project: Harpist Diana Rada-Torres miami.zoom.us/j/385601312</p>	<p>Get Fit with Chris: Intermediate miami.zoom.us/j/9718861460</p>		<p>Get Fit with Chris: Advanced miami.zoom.us/j/9718861460</p>
2 PM					<p>Gentle Mat Yoga with Sari miami.zoom.us/j/92994498552</p>
3 PM		<p>Storyline: Self-Expression with Art and Music miami.zoom.us/j/419675723</p>			
4 pm		<p>Shape Up with JC miami.zoom.us/j/99653202814</p>		<p>Shape Up with JC miami.zoom.us/j/99653202814</p>	
6 PM		<p>**Survivorship Choir** Songs of Independence miami.zoom.us/j/470397942</p>	<p>Aligned: Yoga & Art Therapy miami.zoom.us/j/419675723</p>		

For more information, please contact Mary Adelyn Kauffman, DMA, MT-BC, NMT m.kauffman@miami.edu
or Marilyn Reimon, Clinical Program Manager mxr1815@med.miami.edu

Complete calendar with links can be found at:
umiamihealth.org/en/Sylvester-Comprehensive-Cancer-Center/Classes-and-Events

