Cancer Support Services

**ZOOM Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 7/06</th>
<th>Tuesday 7/07</th>
<th>Wednesday 7/08</th>
<th>Thursday 7/09</th>
<th>Friday 7/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 AM</td>
<td><strong>Mindfulness with Music: Body Scan</strong>&lt;br&gt;miami.zoom.us/j/9710921951</td>
<td><strong>Gentle Yoga with Valerie</strong>&lt;br&gt;miami.zoom.us/j/9284618763 3</td>
<td><strong>15 minutes of Loving Kindness</strong>&lt;br&gt;miami.zoom.us/j/269306814</td>
<td><strong>Gentle Yoga with Valerie</strong>&lt;br&gt;miami.zoom.us/j/9284618763 3</td>
<td><em>Morning Music Time for Kids</em>&lt;br&gt;miami.zoom.us/j/2673563136</td>
</tr>
<tr>
<td>10:30 AM</td>
<td><strong>Gentle Chair Yoga with Sari</strong>&lt;br&gt;miami.zoom.us/j/9299449855 2</td>
<td><strong>A Dog’s Story: Virtual Pet Therapy</strong>&lt;br&gt;miami.zoom.us/j/96651483113</td>
<td><strong>Gentle Chair Yoga with Sari</strong>&lt;br&gt;miami.zoom.us/j/9299449855 2</td>
<td><strong>A Dog’s Story: Virtual Pet Therapy</strong>&lt;br&gt;miami.zoom.us/j/96651483113</td>
<td></td>
</tr>
<tr>
<td>11 AM</td>
<td><strong>Gratitude and Mindful Journaling</strong>&lt;br&gt;zoom.us/j/326214800</td>
<td><strong>Mid-Day Music Meditation: Floating on the Waves</strong>&lt;br&gt;miami.zoom.us/j/846090519</td>
<td><strong>Musical Lunch Hour: Romantic Piano Impressions</strong>&lt;br&gt;miami.zoom.us/j/204668191</td>
<td><strong>On that Note: Dreams</strong>&lt;br&gt;miami.zoom.us/j/145949547</td>
<td><strong>LGEM Duo: Latin-Gringo Elevator Music</strong>&lt;br&gt;miami.zoom.us/j/193328353</td>
</tr>
<tr>
<td>12 PM</td>
<td><strong>Go for Baroque: Potpourri of Music for Baroque Flute</strong>&lt;br&gt;miami.zoom.us/j/193328353</td>
<td><strong>Chaplain’s Corner: Words for Reflection &amp; Renewal</strong>&lt;br&gt;miami.zoom.us/j/9303241411 3</td>
<td><strong>Fake News: Nutrition Facts and Fiction</strong>&lt;br&gt;zoom.us/j/96587060218</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30 PM</td>
<td><strong>Art Show and Tell with Arts in Medicine</strong>&lt;br&gt;zoom.us/j/419675723</td>
<td><strong>Classical Guitar: Eric Swanson</strong>&lt;br&gt;miami.zoom.us/j/992667943</td>
<td><strong>Virtual Art Museum Tour with Arts in Medicine</strong>&lt;br&gt;zoom.us/j/419675723</td>
<td><strong>Classics and Pop on the Harp: Diana Rada-Torres</strong>&lt;br&gt;miami.zoom.us/j/385601312</td>
<td><strong>Meditative Walk in Nature with Arts in Medicine</strong>&lt;br&gt;zoom.us/j/419675723</td>
</tr>
<tr>
<td>1 PM</td>
<td></td>
<td><strong>Meditative Poems and Prayers</strong>&lt;br&gt;miami.zoom.us/j/9303241411 3</td>
<td></td>
<td><strong>Imágenes Guiadas: Flotando en las olas</strong>&lt;br&gt;miami.zoom.us/j/9710921951 9</td>
<td></td>
</tr>
<tr>
<td>2 PM</td>
<td><strong>Survivorship Choir</strong>&lt;br&gt;miami.zoom.us/j/470397942</td>
<td><strong>Virtual Art Museum Tour with Arts in Medicine</strong>&lt;br&gt;zoom.us/j/419675723</td>
<td></td>
<td><strong>Classics and Pop on the Harp: Diana Rada-Torres</strong>&lt;br&gt;miami.zoom.us/j/385601312</td>
<td></td>
</tr>
<tr>
<td>3 PM</td>
<td></td>
<td><strong>Survivorship Choir</strong>&lt;br&gt;miami.zoom.us/j/470397942</td>
<td></td>
<td></td>
<td><strong>Canciones chiquitas con Aléjandra Jiménez</strong>&lt;br&gt;miami.zoom.us/j/441172821</td>
</tr>
<tr>
<td>6 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information, please contact Mary Adelyn Kauffman, DMA, MT-BC, NMT m.kauffman@miami.edu

*especially for kids!

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