

EVENTS

3/2/26 – 3/6/26

MONDAY

8:15AM Music & Mindfulness
https://miami.zoom.us/webinar/register/WN_nwQjiDB6S-C7RysZvtPnnQ

TUESDAY

8:30AM Sylvester Music Project: Diana Rada Torres, Harpist, SoLe Mia Lobby (Address: 2111 Sole Mia Way, North Miami, FL, 33181)

12:00PM Power Hour with Stefan
Dumbbells Required
Link:

<https://miami.zoom.us/j/98599858634>

12:00PM Art & a Bite Art Therapy Group
<https://miami.zoom.us/j/96554918545>

WEDNESDAY

9:00AM CORE & MORE
Link:
<https://miami.zoom.us/j/98599858634>

9:30AM Sylvester Music Project: Robert Billington, Flautist, SoLe Mia Lobby (Address: 2111 Sole Mia Way, North Miami, FL, 33181)

2:00PM Exploring Self-Narrative: The Altered Story- In Person at GCRB, First Floor- Address: 1425 NW 10th Avenue, Miami, FL 33136

THURSDAY

12:00PM Power Hour with Stefan
Dumbbells Required
Link:
<https://miami.zoom.us/j/98599858634>

11:00AM Sylvester Music Project: Diana Rada Torres, Harpist SCCC/UMHC Lobby (Address: 1475 NW 12th Ave, Miami, FL 33136)

12:30PM Sylvester Music Project: MeiMei Plantation (Address: 8150 SW 10th Street, Plantation, FL 33324)

FRIDAY

9:00AM CORE & MORE
Link:
<https://miami.zoom.us/j/98599858634>

10:30AM Sylvester Music Project: Enrique Avila, Pianist, SCCC/UMHC Lobby (Address: 1475 NW 12th Ave, Miami, FL 33136)

SATURDAY

SUNDAY

NOTES

Cancer Survivorship & Supportive Care 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.

Marilyn Reimon, Sr. Program Manager | mxr1815@med.miami.edu

Link to [Online Calendar](#)