

# AUGUST 2025

## MONDAY, 8/11/25

12 PM CHAIR YOGA ZOOM

<https://miami.zoom.us/j/7853023017>

## TUESDAY, 8/12/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

<https://miami.zoom.us/j/7853023017>

12 PM Power Hour with Stefan Dumbbells Required

[https://miami.zoom.us/webinar/register/WN\\_8BdoeKxrSsy2QKobph0HWw](https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw)

12 PM Art & a Bite Art Therapy Group

<https://miami.zoom.us/j/96554918545>

## WEDNESDAY, 08/13/25

9 AM CORE & MORE

[https://miami.zoom.us/webinar/register/WN\\_Zq\\_mRgwRle\\_y7NhIdRdtA](https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhIdRdtA)

1 PM Sylvester Music Project: Mozart for Lunch

SCCC/UMHC Lobby- (Address: 1475 NW 12th Ave, Miami, FL 33136)

## THURSDAY, 8/14/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

<https://miami.zoom.us/j/7853023017>

11 AM Sylvester Music Project: Diana Rada-Torres, harpist  
UMHC/SCCCCTU- (Address: 1475 NW 12th Ave, Miami, FL 33136)

12 PM Power Hour with Stefan Dumbbells Required

[https://miami.zoom.us/webinar/register/WN\\_8BdoeKxrSsy2QKobph0HWw](https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw)

6 PM Sundown Beats Drumming Plantation- (Address: 8100 SW 10<sup>th</sup> Street, Plantation, FL 33324)

## FRIDAY, 08/15/25

9 AM CORE & MORE

[https://miami.zoom.us/webinar/register/WN\\_Zq\\_mRgwRle\\_y7NhIdRdtA](https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhIdRdtA)

1 pm Sylvester Music Project: LGEM DUO

SCCC/UMHC Lobby- (Address: 1475 NW 12th Ave, Miami, FL 33136)

2 PM Music and Stretching (Yoga and Music Therapy)

Lennar Rooftop- (Address: 5555 Ponce De Leon, Coral Gables, FL 33146)

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.

### Contact Information:

Mary A. Kauffman, DMA, MT-BC, NHCW |  
[m.kauffman@miami.edu](mailto:m.kauffman@miami.edu)

Marilyn Reimon, Sr. Program Manager |

[mxr1815@med.miami.edu](mailto:mxr1815@med.miami.edu)

[Link to Online Calendar](#)