

OCTOBER 2025

MONDAY, 10/06/25

12 PM MAT YOGA ZOOM

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

TUESDAY, 10/07/25

9 AM CHAIR YOGA in-person SMOB 120F -1121 NW 14th Street, Miami, FL 33136

10 AM Sylvester Music Project: Brazilian Voices SCCC/UMHC CTU- Address: 1475 NW 12th Ave, Miami, FL 33136)

12 PM Power Hour with Stefan Dumbbells Required

https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw

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

1 PM Sylvester Music Project: Eric Swanson, Guitar Hollywood
3850 Hollywood Blvd, Hollywood, FL 33021

WEDNESDAY, 10/08/25

9 AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA

1 PM Sylvester Music Project: Robert Billington, Flute
SCCC/UMHC Lobby- (Address: 1475 NW 12th Ave, Miami, FL 33136)

THURSDAY, 10/09/25

9 AM MAT YOGA in person SMOB 120F – 1121 NW 14th Street, Miami, FL 33136

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

12 PM Power Hour with Stefan Dumbbells Required

https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw

1 PM Sylvester Music Project: Eric Swanson, Guitar Hollywood
3850 Hollywood Blvd, Hollywood, FL 33021

6 pm SUNDOWN DRUMMING- Plantation-8100 SW 10th Street, Plantation, FL 33324)

FRIDAY, 10/10/25

9 AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA

10 AM Sylvester Music Project: Brazilian Voices-
Plantation-8100 SW 10th Street, Plantation, FL 33324)

11 AM CHAIR YOGA ZOOM

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

1 PM Sylvester Music Project: LGEM DUO
SCCC/UMHC Lobby- (Address: 1475 NW 12th Ave, Miami, FL 33136)

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:

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[Link to Online Calendar](#)