

# EVENTS

## 12/1/25 – 12/5/25

### MONDAY

8:15AM Music & Mindfulness  
[https://miami.zoom.us/webinar/register/WN\\_nwQjiDB6S-C7RysZVtPnnQ](https://miami.zoom.us/webinar/register/WN_nwQjiDB6S-C7RysZVtPnnQ)

12:00PM MAT YOGA ZOOM  
<https://miami.zoom.us/j/7853023017>

### TUESDAY

8:00AM Sylvester Music Project:  
Diana Rada Torres, Harpist, Sole Mia  
(Address 2111 Sole Mia Way, North  
Miami, FL 33181)

9:00 AM CHAIR YOGA in-person  
SMOB 120F -1121 NW 14<sup>th</sup> Street,  
Miami, FL 33136

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

12:00PM Power Hour with Stefan  
Dumbbells Required  
[https://miami.zoom.us/webinar/register/WN\\_8BdoeKxrSsy2QKobph0HWw](https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw)

### WEDNESDAY

9:00AM CORE & MORE  
[https://miami.zoom.us/webinar/register/WN\\_Zq\\_mRgwRle\\_y7NhidRdtA](https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA)

1:00PM Sylvester Music Project:  
Robert Billington, Flautist  
Sole Mia (Address 2111 Sole Mia  
Way, North Miami, FL 33181)

### THURSDAY

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

12:30PM Sylvester Music Project:  
Mei Mei, Luo, Plantation  
(Address: 8100 SW 10th St.,  
Plantation, FL 33324)

### FRIDAY

9:00AM CORE & MORE  
[https://miami.zoom.us/webinar/register/WN\\_Zq\\_mRgwRle\\_y7NhidRdtA](https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA)

12:00AM Sylvester Music Project:  
LGEM DUO, SCCC/UMHC LOBBY  
(Address: 1475 NW 12th Ave,  
Miami, FL 33136)

11:00AM CHAIR YOGA ZOOM  
<https://miami.zoom.us/j/7853023017>

### 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](mailto:mxr1815@med.miami.edu)  
Link to [Online Calendar](#)