

EVENTS

12/15/25 – 12/19/25

MONDAY

8:15AM Music & Mindfulness
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)

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

12:00PM 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

1:00PM Sylvester Music Project: Eric Swanson, Guitar, 3850 Hollywood Blvd, Hollywood, FL 33021

WEDNESDAY

9:00AM CORE & MORE
https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA

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

THURSDAY

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

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

12:00PM Power Hour with Stefan Dumbbells Required
https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw

1:00PM Sylvester Music Project: Eric Swanson, Guitar, Plantation (Address: 8100 SW 10th St., Plantation, FL 33324)

FRIDAY

9:00AM CORE & MORE
https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA

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

12PM Sylvester Music Project: LGEM DUO 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.

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Link to [Online Calendar](#)