

# APRIL 2025

## MONDAY, 4/14/25

12 PM CHAIR YOGA ZOOM

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

12 PM Music Therapy Week: Music-Meditation-Instasongs  
KENDALL Reception/CTU

12 PM Music Therapy Week: Music-Meditation-Instasongs  
SCCC 2<sup>nd</sup> Floor CTU/Reception

## TUESDAY, 4/15/25

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>

1 PM Sylvester Music Project: Eric Swanson Guitarist  
Deerfield Beach

## WEDNESDAY, 4/16/25

9 AM CORE & MORE

[https://miami.zoom.us/webinar/register/WN\\_Zq\\_mRgwRle\\_y7NhidRdtA](https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA)

10:30 AM Sylvester Music Project: Eric Swanson Guitarist  
Aventura

1 PM Sylvester Music Project: Robert Billington, Flautist  
SCCC/UMHC Lobby

## THURSDAY, 4/17/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

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

11 AM Sylvester Music Project: Diana Rada/Torres, Harpist  
SCCC/UMHC CTU

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 Spiritual Care: Coping with Life Changes

1 PM Sylvester Music Project: Eric Swanson Guitarist  
Plantation

## FRIDAY, 4/18/25

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: Enrique Avila, pianist  
SCCC/UMHC CTU

2 PM Music & Stretching: Music and Yoga Therapy  
Lennar Rooftop

Cancer Support Services 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](#)