

APRIL 2025

MONDAY, 4/28/25

12 PM CHAIR YOGA ZOOM

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

TUESDAY, 4/29/25

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

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, 4/30/25

9 AM CORE & MORE

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, 5/01/25

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

12 PM Spiritual Care: Coping with Life Changes

1 PM Sylvester Music Project: Eric Swanson Guitarist
Plantation

FRIDAY, 5/02/25

9 AM CORE & MORE

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](#)