



Winter/Spring 2012 **Greater NYC Classes**

Moving on from Cancer is a **MOVING FOR LIFE** dance-exercise program originally created for Breast Cancer Survivors. Classes are designed by Exercise Physiologist, Movement Therapist and Dance Educator, Dr. Martha Eddy. Classes for cancer patients are low cost or FREE.

News, Faculty Info, Articles, Photos, Video and More at
www.MovingForLife.org

ASK About our NEW classes on LONG ISLAND in March

MFL is a community Outreach Program of Moving On Center, a non-profit educational organization focusing on healthy lives through movement.

MONDAY Afternoon	MFL Gilda's Club <i>Gentle Aerobics</i> Catherine Gross or Martha Eddy (ongoing weekly class) 3:30-5:00pm • 195 W Houston St. Call to register: 212.647.9700
WEDNESDAY Afternoon	MFL <i>Stepping Out</i> at JCC of Manhattan Makom Center Martha Eddy or Sherry Greenspan (ongoing weekly class) 12:00-1:00 pm • 76th and Amsterdam Ave (7th floor). www.JCCManhattan.org MFL Settlement Health East 106th Empezando en Febrero! 4pm
THURSDAY Evening	MFL/Moving On at the American Cancer Society's Hope Lodge Catherine Gross or Martha Eddy 5:00-6:00 pm • Hope Lodge 132 West 32nd Street <i>Complimentary to Cancer Survivors, Gilda's Club & SHARE members</i> Call for reservations: 212.414.2921 or email info@wellnessCKE.net
THURSDAY (Long Island)	Moving for Life: Restorative Dance Sharon Epstein 2:00-3:00 pm • Zumbabrazil 634 Middle Neck Rd, Great Neck Registration : 516.829.5846 http://www.sharonepstein.com/ <i>Look out for 10AM class in March: JCC of the Greater 5 towns</i>
SATURDAY Afternoons	Wellness Dance with Wendy Joseph Offered periodically from 12-1pm • The Center for Kinesthetic Education • 49 West 27th Street, Mezzanine B <i>Complimentary to Cancer Survivors, Gilda's Club & SHARE members</i> Call for exact dates: 212.414.2921 or email info@wellnessCKE.net
Outdoor Workouts Tuesdays/Thursdays Saturdays	Fort Tryon Park ("Cloisters Park") Nancerize with Nancy Bruning Tuesdays and Thursdays, 7:30 -8:30 AM Saturdays 8:30-9:30 AM (optional additional walk to Farmer's market about ½ mile away) www.nancybruning.com
Movement Lecture Series: The Importance of Exercise in Recovery	SHARE/LATINA SHARE: Lec/Dems in English and Spanish March 13th Restoration Plaza April 12th Little Neck For exact times, locations, and registration: Call (212) 719-2943 or email rsvp@sharecancersupport.org Nuevas clases en varios barrios empezando (212) 229-8392 Breast Cancer Hotline: (866) 891-2392 www.sharecancersupport.org Ask about Jan 30: NYU / / Feb 28: Montefiore -Gilda's

Moving On Breast Cancer Recovery program offers free classes in English and Spanish through funding from Greater NYC Affiliate of Susan G. Komen for the Cure®
 New Classes in East Harlem, Washington Heights (Bi-Lingual), the Lower East Side, Queens Library & Woodside Community Center, St.Luke's Morningside Heights (Bi-Lingual), Columbia-Presbyterian, NYU Langone Medical Center forming. Bring MOA classes or lectures to your community!
 New York Office: Moving for Life: 49 West 27th Street Mezz B, NY,NY 10001 • Office: 212.414.2921
 Moving For Life English Hotline : 212.229.8391 • Informacion en Espanol: 212.229.8392
info@MovingOnAerobics.org www.MovingforLife.org



Movimiento para la vida Gozoso ejercicio y baile para todos

CLASES EN NUEVA YORK

MOVING ON desde Cancer es una MOVING FOR LIFE (MOVIMIENTO PARA LA VIDA) programa de danza y ejercicio creado originalmente para sobrevivientes del cáncer de seno. La clase esta diseñada por Dr. Martha Eddy fisióloga del ejercicio, terapeuta del movimiento y educadora de danza. Cualquier persona que se enfrenta con una enfermedad crónica, o desafíos físicos puede participar. **Las clases para los pacientes de cáncer son a bajo precio o gratis.**

Novedades, información facultativa, artículos, fotos video y más

www.MovingforLife.org

Pregunte por nuestras NUEVAS clases en El Barrio y Washington Heights

Lunes Tarde	MOA Gilda's Club movimiento aerobico suave Catherine Gross Martha Eddy (clase semanal) 3:30-5:00pm • 195 W Houston St. Llame para registrarse: 212.647.9700
Miercoles Tarde	MOA en JCC of Manhattan Makom Center Martha Eddy o Sherry Greenspan (clase semanal) 12:00-1:00pm • 76th and Amsterdam Ave (7th floor) www.JCCManhattan.org Settlement Health: 212 E. 106th Empezando en Febrero! 4pm
Jueves Noche	MOA en American Cancer Society's Hope Lodge – Catherine Gross 6:00-7:00pm • 8 septiembre-27 octubre Hope Lodge 132 West 32nd Street Llame para registrarse: 212.414.2921 info@MovingOnAerobics.org
Jueves en Long Island	Movimiento para la Vida: Baile Reconstituyente – Sharon Epstein 2:00-3:00 pm • Zumbabrazil 634 Middle Neck Rd, Great Neck Llame para registrarse: 516.829.5846 http://www.sharonepstein.com/ Y JCC de 5Towns en Marzo
Sábado Tarde	Wellness Dance con Wendy Joseph se ofrece periódicamente de 12-1pm • The Center for Kinesthetic Education • 49 West 27th Street, Mezzanine B <u>Gratis para sobrevivientes de cáncer, miembros de Gilda's Club y SHARE</u> <u>llame</u> para fechas exactas: 212.414.2921 o email info@MovingOnAerobics.org
Entrenamientos Afeura	Fort Tryon Park ("Cloisters Park") Nancercize con Nancy Bruning Los martes y los jueves, 7:30 -8:30 AM Los sábados 8:30-9:30 AM (caminata adicional opcional al mercado del Granjero acerca de ½ milla lejos) www.nancybruning.com
Series de conferencias de movimiento: La Importancia de Ejercicio	SHARE/LATINA SHARE: Taller Aeróbico MOA clases en español Llame para registrarse: (212) 719-2943 rsvp@sharecancersupport.org Nuevas clases en varios barrios empezando (212) 229-8392 Llame gratis al (866) 891-2392 www.sharecancersupport.org Feb15 St Lukes / Feb 28 Montefiore with Gilda's

Pongas en contacto con nosotros para organizar Moa y Wellness Dance clases en su área. Moa es una comunidad del programa de alcance y expansión de Moving On Center una organización no lucrativa educacional que se enfoca en vida saludable a traves del movimiento.

Moving On Breast Cancer Recovery classes en Espanol through funding from Greater NYC

Affiliate of Susan G. Komen for the Cure®

New York Office: MOC at CKE 49 West 27th Street Mezz B, NY,NY 10001

Informacion en Espanol: 212.229.8392 • Office: 212.414.2921

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