

EVENTS

1/12/26 – 1/16/26

MONDAY

8:15AM Music & Mindfulness
https://miami.zoom.us/webinar/register/WN_nwQjiDB65-C7RysZVtPnnQ

10:30AM Sylvester Music Project:
 Enrique Avila, Pianist Sole Mia
 (Address: 2111 Sole Mia Way, North
 Miami, FL, 33181)

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

TUESDAY

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

12:00PM Power Hour with Stefan Dumbbells
 Required
https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobphOHWw

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

1:00PM Sylvester Music Project: Eric Swanson,
 Guitar, Deerfield Beach, FL
 1192 E. Newport Cen. Drive, FL 33442

1:00PM Sylvester Music Project: Daniel Montana,
 Guitarist- SCCC/UMHC CTU (Address: 1475 NW
 12th Ave, Miami, FL 33136)

WEDNESDAY

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

1:00PM Sylvester Music Project:
 Robert Billington, SCCC/UMHC LOBBY
 (Address: 1475 NW 12th Ave, Miami,
 FL 33136)

THURSDAY

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

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

12:00PM Power Hour with Stefan
 Dumbbells Required
https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobphOHWw

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>

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

2:00PM PM Music and Stretching (Yoga
 and Music Therapy) Lennar Rooftop
 (Address: 5555 Ponce de Leon Blvd., Coral
 Gables, FL 33146)

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 disable please keep it off and mute your audio unless you wish to ask a question.

Marilin Reimon, Sr. Program Manager | mxr1815@med.miami.edu
 Link to [Online Calendar](#)