

EVENTS

1/5/26 – 1/9/26

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

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_8BdoeKxrSsy2QKobph0HWw

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

WEDNESDAY

9:00AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA

12:00PM Sylvester Music Project: Robert Billington, Flautist SoLe Mia
(Address: 2111 Sole Mia Way, North Miami, FL, 33181)

THURSDAY

8:00AM Sylvester Music Project: Eric Swanson, Guitar, SoLe Mia (Address: 2111 Sole Mia Way, North Miami, FL, 33181)

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/UMHCCTU (Address: 1475 NW 12th Ave, Miami, FL 33136)

12:00PM Power Hour with Stefan Dumbbells Required

https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw

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

Marilyn Reimon, Sr. Program Manager | mxr1815@med.miami.edu

Link to [Online Calendar](#)