

EVENTS

1/5/26 – 1/9/26

MONDAY

8:15AM Music & Mindfulness
https://miami.zoom.us/webinar/register/WN_nwQiDB6SC7RysZVtPnnQ

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/UMHCC TU (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 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](#)