

EVENTS

2/2/26 – 2/6/26

MONDAY

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

TUESDAY

8:00AM Sylvester Music Project: Eric Swanson, Guitar, 3850 Hollywood Blvd, Hollywood, FL 33021

8:30AM Diana Rada Torres, SoLe Mia (Address: 2111 Sole Mia Way, North Miami, FL, 33181)

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

12:00PM Power Hour with Stefan Dumbbells Required
<https://miami.zoom.us/j/98599858634>

WEDNESDAY

9:00AM CORE & MORE
Link:
<https://miami.zoom.us/j/98599858634>

9:30AM Sylvester Music Project: Robert Billington, Flautist , SoLe Mia (Address: 2111 Sole Mia Way, North Miami, FL, 33181)

2:00PM Exploring Self-Narrative: The Altered Story- In Person at GCRB, First Floor- Address: 1425 NW 10th Avenue, Miami, FL 33136

THURSDAY

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

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

12:30PM Sylvester Music Project: MeiMei, Plantation (Address: 8100 SW 10th St., Plantation, FL 33324)

12:00PM Power Hour with Stefan Dumbbells Required
Link:
<https://miami.zoom.us/j/98599858634>

FRIDAY

9:00AM CORE & MORE
Link:
<https://miami.zoom.us/j/98599858634>

10:30AM Enrique Avila, Piano, SCCC/UMHC LOBBY (Address: 1475 NW 12th Ave, Miami, FL 33136)

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.

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Link to [Online Calendar](#)