

# JULY 2025

## MONDAY, 7/28/25

12 PM CHAIR YOGA ZOOM

<https://miami.zoom.us/j/7853023017>

## TUESDAY, 7/29/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

<https://miami.zoom.us/j/7853023017>

12 PM Power Hour with Stefan Dumbbells Required

[https://miami.zoom.us/webinar/register/WN\\_8BdoeKxrSsy2QKobph0HWw](https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw)

12 PM Art & a Bite Art Therapy Group

<https://miami.zoom.us/j/96554918545>

1 PM Sylvester Music Project: Danny Montana, Guitarist,  
UMHC/SCCC CTU

## WEDNESDAY, 7/30/25

9 AM CORE & MORE

[https://miami.zoom.us/webinar/register/WN\\_Zq\\_mRgwRle\\_y7NhidRdtA](https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA)

1 PM Sylvester Music Project: Mozart for Lunch  
SCCC/UMHC Lobby

## THURSDAY, 7/31/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

<https://miami.zoom.us/j/7853023017>

11AM Sylvester Music Project: Diana Rada-Torres, harpist  
SCCC/UMHC Lobby

12 PM Power Hour with Stefan Dumbbells Required

[https://miami.zoom.us/webinar/register/WN\\_8BdoeKxrSsy2QKobph0HWw](https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw)

## FRIDAY, 8/01/25

9 AM CORE & MORE

[https://miami.zoom.us/webinar/register/WN\\_Zq\\_mRgwRle\\_y7NhidRdtA](https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA)

1 PM Sylvester Music Project: LGEM Duo  
SCCC/UMHC Lobby

2 PM Music and Stretching (Yoga and Music Therapy)  
Lennar Rooftop

Cancer Survivorship & Supportive Care at Sylvester Comprehensive Cancer Center 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.

### Contact Information:

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[Link to Online Calendar](#)