

SEPTEMBER 2025

MONDAY, 09/15/25

12 PM CHAIR YOGA ZOOM

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

TUESDAY, 09/16/25

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

12 PM Art & a Bite Art Therapy Group

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

WEDNESDAY, 09/17/25

9 AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhIdRdtA

** 12 PM Rosh Hashanah Celebratory Service (HYBRID)

Jill Selevan Chapel (SCCC/UMHC 1st floor)

<https://miami.zoom.us/j/97620643704> **

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

THURSDAY, 09/18/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

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

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

12 PM Power Hour with Stefan Dumbbells Required

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

FRIDAY, 09/19/25

9 AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhIdRdtA

10:30 AM Sylvester Music Project: Enrique Avila, pianist
SCCC/UMHC Lobby- (Address: 1475 NW 12th Ave,
Miami, FL 33136)

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.

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[Link to Online Calendar](#)