

OCTOBER 2025

MONDAY, 10/13/25

12 PM MAT YOGA ZOOM

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

TUESDAY, 10/14/25

9 AM CHAIR YOGA in-person SMOB 120F -1121 NW 14th Street, Miami, FL 33136

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>

1 PM Sylvester Music Project: Eric Swanson, Guitar
Deerfield Beach (Address: 1192 E Newport Center Dr.,
Deerfield Beach, FL 33442)

WEDNESDAY, 10/15/25

9 AM CORE & MORE

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

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

THURSDAY, 10/16/25

9 AM MAT YOGA in person SMOB 120F – 1121 NW 14th Street, Miami, FL 33136

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

11 AM Body and Soul (Music & Dance Therapy), Room 220/222
Lennar (Address: 5555 Ponce de Leon Blvd., Coral Gables, FL 33146)

12 PM Power Hour with Stefan Dumbbells Required

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

1 PM Sylvester Music Project: Eric Swanson, Guitar
Plantation (Address: 8100 SW 10th St, Plantation, FL 33324)

FRIDAY, 10/17/25

9 AM CORE & MORE

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

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

11 AM CHAIR YOGA ZOOM

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

2 PM Music and Stretching (Yoga and Music Therapy)
Lennar Rooftop (Address: 5555 Ponce de Leon Blvd., Coral Gables, FL 33146)

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.

Contact Information:

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[Link to Online Calendar](#)