March 13 - December 25, 2019

Moving for Life - Gentle Aerobics

Company: Studio 55C
Venue: Studio 55C
Location: New York, NY

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MOVING FOR LIFE DanceExercise for Health® is dedicated to helping people challenged by cancer and aging, through free and low-cost dance exercise classes offered at hospitals, health and wellness centers, libraries and other community-based sites. Our methods are supported by research that confirms engagement in therapeutic dance improves quality of life, speeds up recovery time, enhances survivorship, and reduces the chances of recurrence.

Affordable & Free Classes
Moving For Life classes offered by hospitals are usually free. Foundation grants and donors support our community classes with reputable agencies (Gilda's Club and SHARE Cancer Support). We also offer low-priced classes in local wellness and physical therapy centers.

Convenient Locations
Classes are offered in most boroughs of New York City. There are also classes on Long Island, New Jersey and California (in the Bay Area). New classes will be starting soon in Vancouver. Keep an eye open for classes starting up in Ohio as well as in Denmark, Norway, Holland and Tokyo! Contact us to develop programming in your area.

Expert & Bilingual Teachers

Many MFL teachers have 15+ years experience. They provide easy to follow, personalized instruction, and understand the cancer experience. In fact, many are survivors themselves. About half of our NYC faculty are either fluent or proficient in Spanish!

Medical Oversight
MFL is endorsed by surgeons, oncologists, psychologists, exercise/dance experts & consultants on our Advisory Council.

Holistic & Gentle Approach
Everyone is encouraged to build greater awareness of, respect for, and control of the body. Classes are specially designed to address the affects of cancer treatment - radiation, chemotherapy and/or surgery.

Wednesdays 5:00-6:00pm

Donation based

Studio 55C
55 Avenue C South Storefront
New York, NY, 10009
2122221351

Schedule
March 13, 2019: 5:00pm
March 20, 2019: 5:00pm
March 27, 2019: 5:00pm
April 3, 2019: 5:00pm
April 10, 2019: 5:00pm
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