

Cancer Support Services

ZOOM Schedule

Cancer Support Services at Sylvester is offering yoga, spiritual counseling, and art and music therapy through live ZOOM sessions. At the scheduled time, simply follow the link to join the meeting. If you have not used ZOOM, you will be prompted to download the program. Participant names cannot be removed, so please sign on using an alias. Participant video is disabled; please leave it off and mute your audio unless you wish to ask a question.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 AM		Canciones con Aléjandra Jiménez miami.zoom.us/j/441172821		Name That Tune: Music Therapy Quiz Show miami.zoom.us/j/228690663	
11 AM	Gentle Chair Yoga with Sari miami.zoom.us/j/277192201		Get Fit with Chris I miami.zoom.us/j/118087072	Gentle Mat Yoga with Valerie miami.zoom.us/j/785108818	Soul Survivor Duo: Original Music miami.zoom.us/j/834465356
12 PM	Gratitude and Mindful Journaling zoom.us/j/326214800	Music-Assisted Relaxation: A Virtual Beach Walk miami.zoom.us/j/846090519	Wig Alternatives: How to Wear a Scarf miami.zoom.us/j/917862875	On that Note: Words of Inspiration and Music miami.zoom.us/j/145949547	
12:30 PM	Mindful Eating in Quarantine zoom.us/j/505767375		Mostly Mozart: NWS Lunch miami.zoom.us/j/204668191		Folk and Pop: John Nichols miami.zoom.us/j/539568961
1 PM	Flûte en français: R. Billington miami.zoom.us/j/193328353	Intro to Massage Therapy zoom.us/j/901054740		Massage Relaxation Techniques zoom.us/j/901054740	Get Fit with Chris II miami.zoom.us/j/118087072
2 PM	Creative Self-Care with Nature zoom.us/j/419675723	Classical Guitar: Eric Swanson miami.zoom.us/j/225793571	Creative Self-Care with Nature zoom.us/j/419675723	Classics and Pop on the Harp: Diana Rada-Torres miami.zoom.us/j/385601312	Creative Self-Care with Nature zoom.us/j/419675723
3 PM		Gentle Mat Yoga with Valerie miami.zoom.us/j/785108818			Jazz Guitar: Eric Swanson miami.zoom.us/j/992667943
6 PM		Survivorship Choir miami.zoom.us/j/470397942		Gentle Chair Yoga with Sari miami.zoom.us/j/277192201	

For more information, please contact Mary Adelyn Kauffman, DMA, MT-BC, NMT
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