

# Moving for Life

## Dance Exercise for Health®

Exercise to music in an interactive, fun and supportive environment specifically tailored for cancer patients and survivors.

Classes address the needs of anyone requiring accommodations and adaptations due to physical limitations and cancer treatment side effects.

Moving for Life addresses:

- balance,
- flexibility
- strength
- stamina

This is a playful and supportive community that is as healthy as it is fun.

**For information, call the Wellness Center 845-871-4300 or TTY/Accessibility: 800.421.1220.**

### Details:

When: 4-5 p.m.,  
Wednesdays

Location: Health Annex

Instructor: Joseph

Cost: Included in  
membership  
or \$7/class non-  
members

RSVP: Walk-ins are  
welcome. Pre-  
registration not  
required.