

# Bronx Oncology Living Daily

A Free Wellness Program to enhance the health & well-being of those touched by cancer

Sponsored by the EIF-Revlon Run/Walk & The New Yankee Stadium Community Benefits Fund, Inc.



## Calendar of Events: MARCH 2016

Offered at the Center for Radiation Therapy (1625 Poplar Street):

**2<sup>nd</sup> Floor conference room**



### Crochet

Every Monday: 10:00 – 11:30am



### Gentle Yoga

Every Thursday: 10:00 – 11:30am

**\*no Yoga on March 3<sup>rd</sup>\***

### Reiki Healing Circle

Monday, March 14<sup>th</sup>: 3:00 – 5:00pm



### Meditation

Monday, March 28<sup>th</sup>: 5:00 – 6:00pm

Offered at Montefiore Medical Park (1695 Eastchester Road):

**2<sup>nd</sup> Floor conference room**



### Gentle Yoga (in waiting room)

Every Monday: 6:30 – 8:00pm



### Mind-Body Support Group

Every Friday: 12:00 – 1:30pm



Getting to Know, Accept and Even Love Our Bodies After Cancer

Friday, March 4<sup>th</sup>: 1:30 – 3:00pm

Offered at Montefiore Einstein Center for Cancer Care (1521 Jarrett Place):

**2<sup>nd</sup> Floor Conference Room B**



### Stress Relief Through Gentle Movement

Every Wednesday: 10:30 - 11:30am

### Get Your Game On – Learn to Play Bridge!

Wednesday, March 23<sup>rd</sup>: 12:00 - 2:00pm



### Jewelry-Making

To be announced



### Scrapbooking & Cardmaking

Monday, March 28<sup>th</sup>: 12:00 – 2:00pm

Offered at the Albert Einstein College of Medicine (1300 Morris Park Ave.):

**The Glass Café -  
Forchheimer Building**



### Drum Circle

Thursday, March 31<sup>st</sup>: 2:00 – 3:30pm

To register for workshops please call or email:

Ph: (718) 430-3613 or [Cancersupport@einstein.yu.edu](mailto:Cancersupport@einstein.yu.edu)

BOLD is an offering by The Psychosocial Oncology Program within the  
\*NEW\* Integrative Oncology Program, Montefiore Einstein Center for Cancer Care