

# MOVE AND IMPROVE: LONG ISLAND COMMUNITY VIRTUAL PROGRAM



CANCERcare®

Over 75 Years of Help and Hope

A virtual four-part series through Zoom. No experience necessary.



Melisa Celikoyar, MSW, LCSW  
Long Island Program Coordinator

**CancerCare is partnering with Moving for Life to provide a series of free virtual dance/exercise classes and workshops to people diagnosed with cancer, who are in treatment or post treatment and living on Long Island.**

This program is open to Long Island clients and is free, but pre-registration via Zoom is required.

## PROGRAM DATES

**WEDNESDAY, APRIL 5, 2023 from 1 p.m. - 2:30 p.m. ET**

### **PART I: THE IMPORTANCE OF EXERCISE IN CANCER RECOVERY**

In this workshop, you will learn the benefits of starting, or maintaining, an exercise routine during cancer recovery.

**WEDNESDAY, APRIL 12, 2023 from 1 p.m. - 2:30 p.m. ET**

### **PART II: DANCE EXERCISE IN CANCER RECOVERY**

In this class, we will identify the primary side effects of cancer treatments using movement to stimulate and relax the body.

**WEDNESDAY, MAY 3, 2023 from 1 p.m. - 2:30 p.m. ET**

### **PART III: EXERCISING TO MOVE MORE FREELY**

In this workshop, you will learn ways to improve range of motion safely and what stretches and exercises are beneficial in your recovery.

**WEDNESDAY, MAY 10, 2023 from 1 p.m. - 2:30 p.m. ET**

### **PART IV: MEDITATIVE MOVEMENT**

In this class, we will harness the power of body awareness, breath and balance to calm the nervous system.

**Register  
Today!**



For more information or to register, contact Melisa Celikoyar, MSW, LCSW, at 516-740-8620 or [mcelikoyar@cancerCare.org](mailto:mcelikoyar@cancerCare.org).

Facebook: [facebook.com/cancerCare](https://www.facebook.com/cancerCare) | Instagram: @CancerCareUS | Twitter: @CancerCare