

# MOVING FOR LIFE: DANCE EXERCISE FOR CANCER RECOVERY



This is an in-person group class at our Long Island office.



**CancerCare is partnering with Moving for Life to provide two free Dance Exercise for Cancer Recovery classes to people diagnosed with cancer, who are in treatment or post-treatment.**

This program is open to Long Island clients and is free, but registration is required.

## PROGRAM DATES

**TUESDAY, SEPTEMBER 2, 2025 FROM 11 a.m. - 12 p.m.**

**TUESDAY, SEPTEMBER 9, 2025 FROM 11 a.m. - 12 p.m.**

These classes are a unique approach to relax your body and address common side effects to cancer treatments. They will help with range of motion, balance and strength. We aim to help you move your body while having fun and connecting with others. No experience necessary.

## LOCATION

CancerCare Long Island Office  
819 Grand Blvd, Suite 3  
Deer Park, NY

**Register  
Today!**



**For more information or to register, contact Marissa Fors at [mfors@cancercare.org](mailto:mfors@cancercare.org) or call CancerCare's Hopeline at 800-813-HOPE (4673).**

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