

# BOLD Calendar of Virtual Events 2022:



# January/ Enero



To Register or for more information/ Registrarse o para más información:

[cancersupport@einsteinmed.edu](mailto:cancersupport@einsteinmed.edu), (718) 430-2380, or (917) 426-1675

Zoom link to follow / Enlace de zoom a seguir



Monday	Tuesday	Wednesday	Thursday	Friday
3 No Workshops! 	4 <a href="#">Fitness with N'Namdi</a> 3-4PM <a href="#">Paint Club</a> 5-6PM 	5 <a href="#">Grupo de Apoyo para el Cáncer</a> *con una sesión de nutrición* 12:30-2:30PM <a href="#">5 Rhythms Moves</a> 3-4:15PM 	6 <a href="#">Yoga Moves</a> 11-12PM <a href="#">Fitness with N'Namdi</a> 2-3PM <a href="#">Conversational Spanish</a> 4-5PM 	7 <a href="#">Mind Body Support Group</a> 12-2PM
10 <a href="#">Crochet</a> 10:30-11:30AM <a href="#">Book Club</a> 3-4PM 	11 <a href="#">Fitness with N'Namdi</a> 3-4PM <a href="#">Paint Club</a> 5-6PM 	12 <a href="#">Grupo de Apoyo para el Cáncer</a> 12:30-2:30PM <a href="#">5 Rhythms Moves</a> 3-4:15PM	13 <a href="#">Yoga Moves</a> 11-12PM <a href="#">Fitness with N'Namdi</a> 2-3PM <a href="#">Conversational Spanish</a> 4-5PM	14 <a href="#">Mind Body Support Group</a> 12-2PM
17 No Workshops! <b>Martin Luther King Day</b> 	18 <a href="#">Fitness with N'Namdi</a> 3-4PM <a href="#">Paint Club</a> 5-6PM 	19 <a href="#">Young Adult Survivor Workshop</a> 12-1PM <a href="#">Grupo de Apoyo para el Cáncer</a> 12:30-2:30PM <a href="#">5 Rhythms Moves</a> 3-4:15PM	20 <a href="#">Yoga Moves</a> 11-12PM <a href="#">Eating During Treatment</a> 12:15-1:15PM <a href="#">Fitness with N'Namdi</a> 2-3PM <a href="#">Conversational Spanish</a> 4-5PM 	21 <a href="#">Mind Body Support Group</a> 12-2PM 
24 <a href="#">Crochet</a> 10:30-11:30AM <a href="#">Telling Your Life Story</a> 12-1:30PM <a href="#">Book Club</a> 3-4PM 	25 <a href="#">Weight Loss Series</a> 12:30-1:30PM *Special Event* <a href="#">Fitness with N'Namdi</a> 3-4PM <a href="#">Paint Club</a> 5-6PM	26 <a href="#">Grupo de Apoyo para el Cáncer</a> 12:30 - 2:30PM <a href="#">5 Rhythms Moves</a> 3-4:15PM <a href="#">BOLD Family Feud</a> 5-6PM *Special Event* 	27 <a href="#">Yoga Moves</a> 11-12PM <a href="#">Quit Smoking Group</a> 12-1PM <a href="#">Conversational Spanish</a> 4-5PM 	28 <a href="#">Mind Body Support Group</a> 12-2PM
30 <a href="#">Crochet</a> 10:30-11:30AM <a href="#">Telling Your Life Story</a> 12-1:30PM <a href="#">Book Club</a> 3-4PM 				

**FREE CANCER WELLNESS PROGRAM, A Community Outreach & Engagement initiative**