

BOLD Calendar of Virtual Events 2021: August / Agosto



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

cancersupport@einsteinmed.org, (718) 430-2380, or (917) 426-1675

Zoom link to follow / Enlace de zoom a seguir



Monday	Tuesday	Wednesday	Thursday	Friday
2 Crochet 10:30-11:30 AM Telling Your Life Story 12:00 -1:30 PM Book Club 3-4 PM Quit Smoking Group 4-5:30 PM Chair Yoga 6-7 PM 	3 Full Body Fitness 2-3 PM	4 Grupo de Apoyo para el Cáncer 12:30-2:30 PM <i>*con una sesión de Nutrición*</i> 	5 Yoga Moves 11-12 PM Conversational Spanish 4-5 PM Bollywood Dance Class 5:30-6:30 PM	6 Mind Body Support Group 12-2 PM Full Body Fitness 2-3 PM
9 Crochet 10:30-11:30 AM Telling Your Life Story 12:00 -1:30 PM Book Club 3-4 PM Quit Smoking Group 4-5:30 PM Chair Yoga 6-7 PM	10 Full Body Fitness 2-3 PM 	11 Grupo de Apoyo para el Cáncer 12:30-2:30 PM	12 Yoga Moves 11-12 PM Conversational Spanish 4-5 PM Bollywood Dance Class 5:30-6:30 PM 	13 Mind Body Support Group 12-2 PM Full Body Fitness 2-3 PM
16 Crochet 10:30-11:30 AM Book Club 3-4 PM Quit Smoking Group 4-5:30 PM Chair Yoga 6-7 PM 	17/ Full Body Fitness 2-3 PM	18 Grupo de Apoyo para el Cáncer 12:30-2:30 PM 	19 Yoga Moves 11-12 PM Conversational Spanish 4-5 PM Bollywood Dance Class 5:30-6:30 PM	19 Mind Body Support Group 12-2 PM Full Body Fitness 2-3 PM
23 Crochet 10:30 -11:30 AM Book Club 3-4 PM Chair Yoga 6 - 7 PM	24 Eating During Treatment 12-1PM Full Body Fitness 2-3 PM 	25 Grupo de Apoyo para el Cáncer 12:30 - 2:30 PM	26 Yoga Moves 11-12 PM Conversational Spanish 4-5 PM Bollywood Dance Class 5:30-6:30 PM 	27 Mind Body Support Group 12-2 PM Full Body Fitness 2-3 PM
30 Crochet 10:30 -11:30AM Book Club 3-4 PM Chair Yoga 6-7 PM 	31 Nutrition 12-1PM Full Body Fitness 2-3 PM	   		